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GOT SOME STRONG FEELINGS, I GUESS?
ADVANCE POLLS BREAK RECORD FOR DAY 1 PAGE 3

Life imitates art, sorry to say ...

Author says world has had 'Shopaholic' journey of its own since last book PAGE 28

Death toll set to rise after twin disasters in Himalayas

At least four Canadians among those slain PAGE 15

Don't have to be a teacher to give you an F

Experts: Rate my classmate site an awful idea PAGE 8

NEWS WORTH SHARING.

Doug Ford's transit plan a total fantasy

Your Ride: Day 3. Only he could drive a subway up to cloud-cuckoo land

EDWARD KEENAN
torontoletters@metronews.ca

Say one thing for the Doug Ford subway plan: it sure is a lot of lines on a map.

He's taken his brother's "Subways, subways, subways" mantra and just kept adding subways. I count nine proposed tunnels to be built in two phases: the basic downtown relief line, plus deluxe east and west extensions; lines or extensions on Sheppard East and West, Finch West, Eglinton East and West; there's even an epic bit of absurdity running north from Kipling station to Finch.

Say another thing for Doug Ford's subway plan: it's fabulously extravagant.

He's pitching 32 kilometres of subway in phase one and what — eyeballing it — appears to be another 45-50 kilometres in phase two, mostly running through thinly populated areas.

Building it all might require $25 billion-plus and a construction schedule measured in generations. In a fit of uncharacteristic restraint, Ford doesn't offer cost estimates for the whole thing.

Instead, he focuses on phase one. His cost estimate of $9 billion may be in the ballpark of feasibility. However, he swears he won't raise taxes to pay for it (which is how most of the city's $910-million share of the Scarborough subway is to be funded) and instead proposes a list of possible "funding options" that jumble together revenue sources (like selling property or air rights) and ways to borrow money (such as public-private partnerships).

It's not a funding plan, really. It's more a whimsical glossary of money-related terminology. It contains no token gestures to math. As such, it lies beyond the realm of evaluation.

The big bills would actually come due if all these subways were somehow built. These routes — except the Downtown Relief Line — contain too few residents or workplaces to fill subway cars.

On the existing Sheppard subway, trains during rush hour are filled to only 15 per cent capacity. Finch West, Sheppard East and Kipling subways would have even fewer riders.

Running them would require a huge increase in the TTC's operating subsidy to be funded out of property taxes — which I think would almost certainly mean double-digit tax increases. But, of course, Ford is steadfastly opposed to those.

Say this for Doug Ford's subway plan: it's a fantasy map. Pure fantasy.

Your take

- Tell us what you think via torontoletters@metronews.ca
- For a map of Doug Ford's subway plan, visit metronews.ca

ROYAL BEATING

Kansas City Royals catcher Salvador Perez celebrates after his team defeated the Baltimore Orioles 2-1 in Game 4 of the American League championship series on Wednesday in Kansas City, Mo. The Royals advance to the World Series. Story, page 47. CHARLIE RIEDEL/THE ASSOCIATED PRESS

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Voters cast advance ballots in record numbers on Day 1

28,046 on Tuesday.
High turnout could herald bad news for Doug Ford, politics professor says

Toronto voters flocked to advance polls Tuesday, casting 28,046 ballots to record the highest-ever first-day turnout, the city says.

"I think we can say this is a municipal election campaign that has caught the attention of Torontonians and they want their voice to be heard," said Ryerson University politics professor Myer Siemiatycki.

The city said the tally far surpasses the 16,000 votes cast during the six weekdays of advance voting in the 2010 election. That year, some 77,000 votes in total were cast in advance.

So just the first day of 2014 advance voting represents about 37 per cent of the 2010 total, with five days left to vote early, through Oct. 19. (Election day is Oct. 27.) On Day 1 of voting in 2010 the total was just 2,690 — although direct comparisons may be somewhat misleading because the advance poll was held at only six locations that year, compared with 45 this year: one in each ward and one at city hall.

Advance polls are meant for people who know they're going to be too busy to vote or out of town on Oct. 27.

"There does seem to be a very high level of interest in people wanting to make sure their voice is heard," Siemiatycki said. "No question this suggests a very high degree of interest and engagement, and that's a good thing."

It's trickier to forecast which candidates win or lose from the surge, Siemiatycki said, but his hunch is that Doug Ford should find the numbers worrisome.

"We know that the Fords have been a very polarizing force in the city. Generally speaking in elections, the stronger impulse is to defeat a candidate who is unpopular. In other words, the impulse of those who are opposed to the incumbent and his brother is stronger than the impulse of those who wish to keep him in place."

In the 2010 advance voting, there was a bigger turnout than previous elections but none of the three main candidates gained an advantage, according to an analysis by Zack Taylor, a city studies professor at the University of Toronto's Scarborough campus.

Rob Ford won the mayoralty, beating George Smitherman and Joe Pantalone, but the advance poll votes weren't a factor, Taylor found. TORSTAR NEWS SERVICE

The Tory factor?

The distribution of the advance votes — heaviest in Ward 25, Don Valley West; Ward 22, St. Paul's; and Ward 27, Toronto Centre-Rosedale — suggest the turnout was strongest in areas where John Tory has been polling strongly.

Mayoral candidates Doug Ford, Olivia Chow and John Tory debated at York Memorial Collegiate Institute Tuesday night.
LUCAS OLENIUK/TORSTAR NEWS SERVICE

Widening gap

Tory has six-point lead on Ford in latest Forum poll

A new Forum Research poll shows John Tory with a six-point lead over Doug Ford and a 16-point lead over Olivia Chow.

Tory had 39 per cent support, Ford 33 per cent, Chow 23 per cent, and "some other candidate" four per cent in the survey taken Tuesday night — the first by Forum since the Oct. 6 survey that triggered alarm among anti-Ford voters by showing him down from Tory by only two points.

The new poll, of decided or "leaning" voters, shows Tory with a lead over Ford in the Etobicoke-York region (43 per cent to 38 per cent), a statistical tie in Scarborough (Ford 39 per cent, Tory 38 per cent), and Ford with a lead in North York (44 per cent to 32 per cent). Tory's strength was in the old city of Toronto and East York, where he beat Ford 44 per cent to 16 per cent.

Chow was strongest in that region, her home base, with 36 per cent. But she trailed the leader by 27 points in Etobicoke-York, 19 points in Scarborough, and 26 points in North York. She has been mired around the low 20s overall for two months.

The interactive voice response poll sampled 1,241 residents. The margin of error was plus or minus three percentage points, 19 times out of 20. TORSTAR NEWS SERVICE

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Teenager charged following students' shooting deaths

Crime. 17-year-old boy accused of attempted murder and multiple weapons violations

Just over a week after the midday fatal shooting of two teenage boys steps from a Toronto high school, police have arrested and charged a 17-year-old boy with attempted murder, along with numerous other weapons offences.

The attempted-murder charge does not relate to either of the teens' deaths, according to Toronto police spokesperson Mark Pugash.

Pugash said he could not provide any additional details about the charge, citing the ongoing homicide investigation.

Police are releasing little information about the Oct. 6 deaths of 15-year-old Michael Menjivar and 17-year-old Zaid Youssef, high school students who were gunned in North Etobicoke around noon, after lunch let out at nearby Don Bosco Catholic Secondary School.

Quoted

"He was my only son. He was the best son I could ever have."

Michael Menjivar's father, Gulston Andrew

In a news release issued Wednesday, police announced the 17-year-old boy's charges "in connection" to the two homicides. The boy, who cannot be identified under the Youth Criminal Justice Act because he is younger than 18, also faces various weapons charges, including pointing a firearm, weapons dangerous to the public peace, failure to comply (recognizance), possession of a firearm without a valid licence and the possession of a firearm without a permit.

He appeared in court Wednesday morning for a bail hearing.

Witnesses said Menjivar and Youssef were shot after a fight broke out in the Don Bosco parking lot shortly after noon, then moved across Islington Avenue to nearby Fairhaven Park.

Youssef, a student at Don Bosco, and Menjivar, who attended North York's James Cardinal McGuigan Catholic High School, were killed behind highrise apartment buildings along Islington.

The homicides spawned a wide-scale police search of the North Etobicoke area, as well as hold-and-secure and lockdowns at four neighbourhood schools.

The boys' grieving families say police have told them their sons were not the intended targets of the shooting. Menjivar's father, Gulston Andrew, told Torstar News Service last week that his son travelled to Don Bosco to see a fight that he had heard about on Twitter.

Both families held funerals for their sons over the Thanksgiving weekend.

TORSTAR NEWS SERVICE

Athir Youssef consoles his wife Jina Samouie as they mourn their only child, Zaid Youssef, during the visitation for the Toronto high school student on Oct. 10. STEVE RUSSELL/TORSTAR NEWS SERVICE

Family stunned after parents charged in boy's death

Jaelin Roberto Colley

TORSTAR NEWS SERVICE

The family of a four-year-old boy found dead in a North York townhouse this week are in disbelief that his parents are accused of playing a role in his death.

"I'm really in shock.... I can't believe this happened," said Gary Garrell, the boy's grandfather.

Ravyn Colley, 24, and Joel Ryan Roberto, 27, have been charged with failing to provide the necessities of life after police were called to their townhouse near Finch and Don Mills to respond to a medical complaint early Monday.

Their son, Jaelin Roberto Colley, was pronounced dead at the scene.

"Joel's a hard worker and Ravyn's a good mother. I find she's a very good mother," said Garrell, who spoke with Colley, his daughter, at a Brampton prison Wednesday evening.

"She's really upset. Really, very upset," he said.

Neighbours who live near Colley and Roberto in the Fernways townhouse complex described a frenzy of sirens and flashing lights around 2:30 a.m. Thanksgiving Monday, when police and paramedics rushed to the area.

Garrell said his daughter and Roberto are common-law partners who moved into their townhouse in June. He said the couple also has a younger son who is now in the custody of the Children's Aid Society.

Rob Thompson, spokesperson for the Children's Aid Society of Toronto, said he couldn't confirm whether the organization had taken custody of the younger boy. Asked whether CAS had ever visited the family, Thompson said he couldn't respond, citing privacy legislation.

Speaking generally, he urged the public not to hesitate to report suspected instances of parental neglect or abuse.

"We would rather someone make a call and be wrong than not make a call at all."

Jordan Garrell, Colley's 18-year-old brother, said he'd never met his nephews because he has been out of touch with his sister in recent years.

"She seemed down to earth, loved her kids. All of her Facebook pictures are of her kids.... She never showed any signs of not loving her kids," he said.

Colley and Roberto are scheduled to appear in court Thursday.

TORSTAR NEWS SERVICE

Dufferin and Dupont

Woman killed near community centre

Toronto police are investigating the city's latest homicide after a woman died near a community centre.

Officers were called around 10:30 a.m. Wednesday and found the woman — believed to be in her 50s — suffering from head trauma near Dufferin and Dupont streets.

Police say paramedics gave her CPR and first aid but she died at the scene.

They're appealing for witnesses to contact them.

THE CANADIAN PRESS

YRP

Cop accused of insurance fraud

A York Regional Police officer has been charged after an internal investigation into the alleged misuse of insurance benefits.

Police say their professional standards bureau began its investigation this July after receiving complaints from the force's benefits provider.

Const. Salwa Husseini, 31, was charged Wednesday with two counts each of uttering false documents and fraud under $5,000.

Husseini has been on the force since 2011 and was suspended with pay in July pending the outcome of the investigation.

She's due in court on Nov. 27.

THE CANADIAN PRESS

Roadside emergency

Baby delivered on Highway 401

Paramedics had a roadside bundle of joy on their hands when they helped deliver a baby on a Highway 401 on-ramp outside London.

Provincial police say they got a call just before 8 a.m. Wednesday regarding a mother about to give birth.

They say paramedics were first on the scene and helped bring the newborn into the world. Mother and child were then taken to hospital for follow-up care.

THE CANADIAN PRESS

Search

Police trying to find missing girl

Police were asking for the public's help in locating a 12-year-old girl who had been missing since Tuesday.

Emalie Hem was last seen at the Warden subway station at 8:30 a.m. Tuesday.

Emalie Hem

TORSTAR NEWS SERVICE

She is Asian, five foot two, weighs 110 pounds, and has long black hair with auburn tips. She was wearing navy-blue pants and a white dress shirt — both part of her school uniform — as well as a navy blue hoodie and red-and-white high-top Air Jordans.

TORSTAR NEWS SERVICE

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Canada 150. Ad campaign celebrating nation's 150th birthday on air very early

The Harper government has launched a $4-million national ad campaign celebrating the Fathers of Confederation and a country that has become "strong, proud and free" more than two years in advance of Canada's 150th birthday in 2017.

The national ad buy, which began airing last month, is part of some $7.2 million allotted to the Department of Canadian Heritage this year to promote the government's "Canada 150" campaign.

A spokesman for Heritage Minister Shelley Glover said it is important to remind Canadians of the people and events that led to Confederation, notably the Charlottetown and Quebec conferences of 1864.

"This anniversary is a key milestone on the road to 2017," Mike Storeshaw said in an email.

"These conferences were critical events in Canada's history, where the foundation was laid for Confederation and what would eventually become Canada in 1867."

He said the "government believes it is important for all Canadians to be reminded of just how significant these earlier milestones were on the road to national unity, and to honour the courage and foresight of the Fathers of Confederation."

The $7-million Canada 150 ad budget makes it one of the larger campaigns among the $60.4 million in advertising the Conservative government has signed off on to date for 2014-15. THE CANADIAN PRESS

Ad it up

The Canada 150 ads include 30-second and one-minute spots in English and French that both conclude with the tag line "Strong Proud Free" printed across the television screen.

Stop the presses! Honderich is in the News Hall of Fame

John Honderich, left, chair of Torstar's board of directors, speaks to John Cruickshank, publisher of the Toronto Star and president of Star Media Group, at a gala banquet in Toronto on Wednesday, where Honderich and Craig Oliver were inducted into the News Hall of Fame.

RICK MADONIK/TORSTAR NEWS SERVICE

Computer glitch. Ontario's organ donors in no rush to fix their online profiles

Fewer than 2,000 of the 60,000 potential organ donors whose wishes were wrongly recorded because of an undetected 18-month computer glitch have gone back online at beadonor.ca to fix their profiles.

The agency responsible for Ontario's organ donation registry said Wednesday that just 1,900 of the would-be donors — about three per cent — have updated information on which organs and tissues they're willing to donate despite the mailing of 22,000 letters urging them to do so.

"People don't jump to it right away, although we would like them to," Trillium Gift of Life Network chief executive Ronnie Gavsie said in an interview. "We want to see more."

New Democrat MPP France Gelinas, her party's health critic, said she is "not surprised" that the pace of updates is slow in the wake of the computer problem.

"It's already a difficult decision to make. No one wants to think about their own death.... I'd be surprised if they get a minute percentage of them to sign back up."

Gelinas urged Trillium to phone donors to clarify their wishes.

"We're aiming for 100 per cent updates so if we don't get that we'll look at other strategies," said Gavsie, noting letters to all 60,000 potential donors will be in the mail by the end of the month.

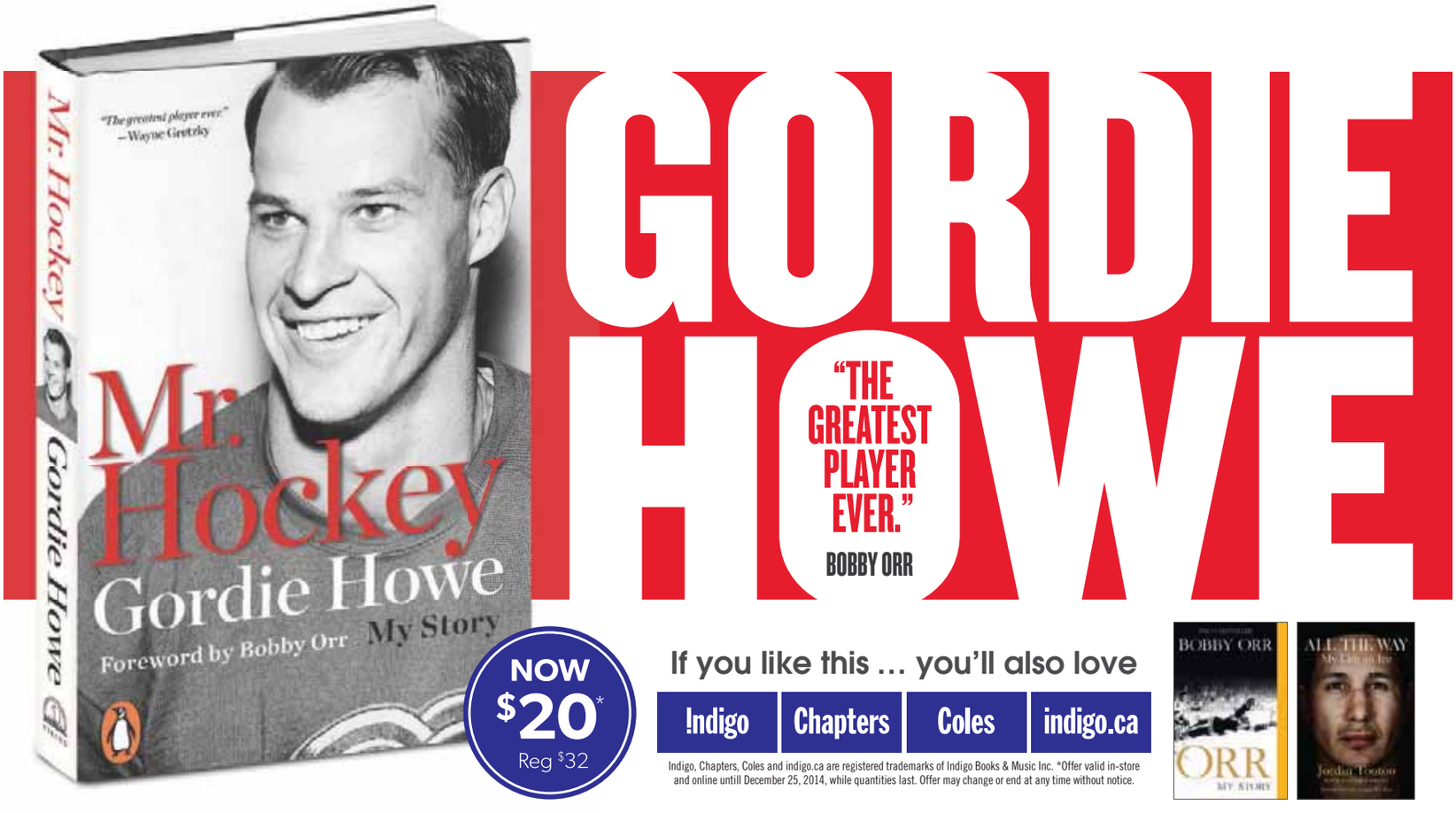
Officials have revealed for the first time that the trouble began with a software upgrade on March 23, 2013, intended to make sure the donor registration website was "kept up to date and accessible for persons with disabilities."

TORSTAR NEWS SERVICE

Quoted

"It's already a difficult decision to make. No one wants to think about their own death."

New Democrat MPP France Gelinas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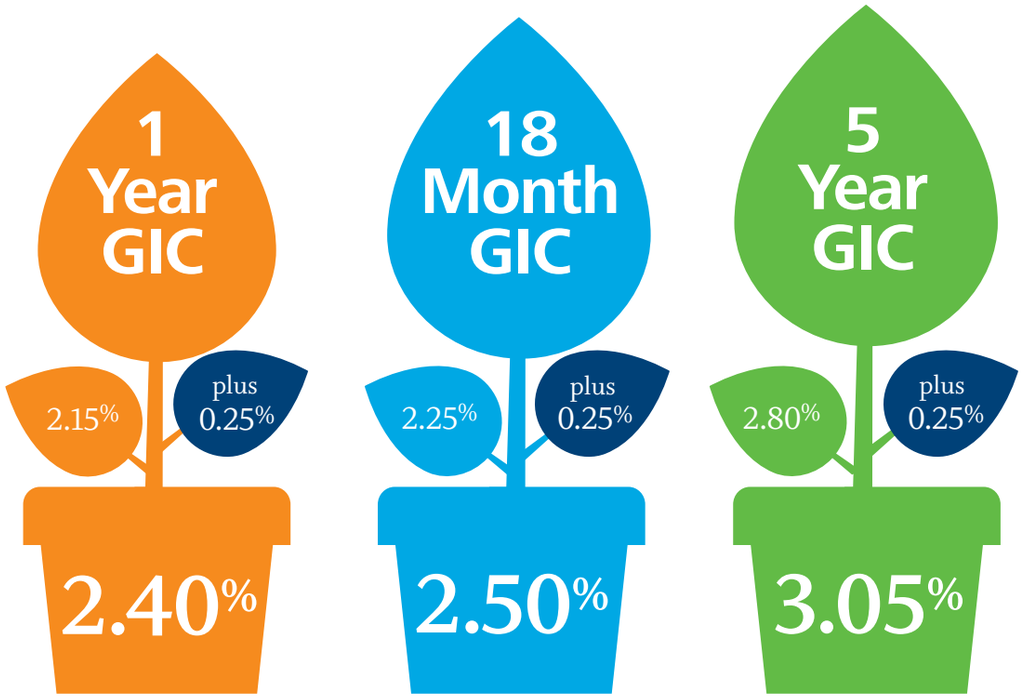

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Rate My Classmate site meant to call out slackers

Tworp.com. Profs see perils in anonymous criticism of students who let others down in group projects

We rate restaurants, hotels, even professors online — so is it fair to rate classmates on how hard they worked on your group project?

A York University MBA grad has launched a website where college and university students can rate their classmates — up to five stars, with room for comments — on how they perform on the pillars of group work: teamwork, competence, dependability, work ethic and communication skills.

To Stefano Cerone, 23, who has invested $12,000 to create Tworp.com (short for Team Work Problems), these anonymous reviews are an overdue way for serious students to avoid slackers who just piggyback on the work of others for a share of the group mark. It's a sort of buyer-beware index he insists can serve as carrot as well as stick, by motivating students to pull their weight.

"It can be frustrating to get into groups with people you don't really know; the last straw was one assignment where myself and one other group member had done the majority of the work and decided to ask the member who never really contributed at all to do the final 12-page edit," said Cerone, a business undergrad at Ryerson at the time.

Had there been a classmate rating system like Tworp to check for warnings, he said, he might have avoided such a freeloader.

But to critics, this kind of public review comes close to public shaming, and runs the risk of being abused.

"What a terrible idea. Learning how to do group work is part of university and it doesn't always go smoothly — but education is about learning from your mistakes, and there's no room for that if you're branded online for the rest of your career," said Natalie Coulter, an assistant professor of communication studies at York University, whose students tackle year-long group projects in the community with real-world partners.

"We can all think of times we blew it at school, but with this kind of website, it's permanently recorded."

Business ethics professor Chris MacDonald of Ryerson University also worries about anonymous reviews.

"It's sort of like putting a loaded gun in people's hands, so you have to design it in ways that maintain reliability and responsibility."

TORSTAR NEWS SERVICE

Stefano Cerone, seen here in his Woodbridge home office, has created a website where students can "rate my classmate" on how much they pull their weight in group assignments. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Ready or not? Ont. set for Ebola: Hoskins

Ontario will update its guidelines to help front-line health workers deal with potential Ebola cases by the end of the week, the health minister said Wednesday.

Health Minister Dr. Eric Hoskins held a news conference to say Ontario is prepared and ready to treat any suspected cases, about one hour after the head of the Registered Nurses Association of Ontario criticized what she called a lack of a clear plan.

Doris Grinspun said one of the lessons learned from the deadly SARS outbreak in Toronto was the need for a coordinated strategy to deal with the problem. Nurses at the time felt that their voices were not at the table, she said.

"The main thing in two of the hospitals where there were suspected cases of Ebola is that they had received zero instructions and education, zero," Grinspun said.

THE CANADIAN PRESS

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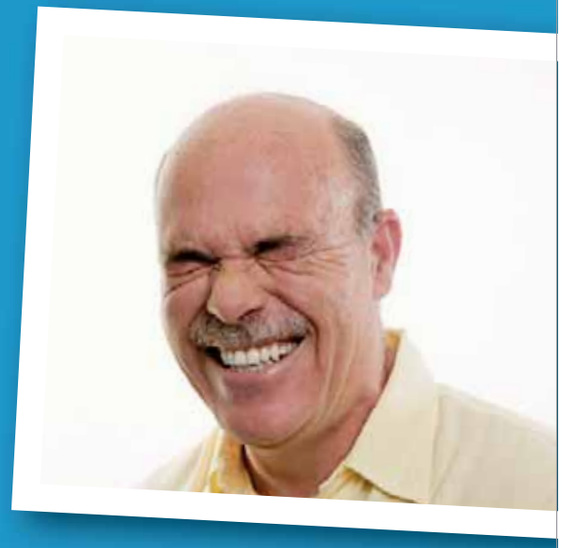

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Nurse exposed to Ebola shouldn't have flown: CDC

Passengers contacted. Federal health agency says the health-care worker flew from Texas to Ohio before testing positive for the disease

A Frontier Airlines employee wears gloves as she directs passengers where to go at Cleveland Hopkins International Airport Wednesday in Cleveland. Ohio health officials aren't sure how many people came into contact with a Texas nurse as she visited family in the Akron area days before being diagnosed with Ebola in Dallas. The Ohio Department of Health says she visited family from Oct. 8-13 and flew Monday from Cleveland to Dallas. TONY DEJAK/THE ASSOCIATED PRESS

A top federal health official said Wednesday that a Texas nurse exposed to the Ebola virus should never have taken a flight from Cleveland to the Dallas area. She has now been diagnosed with Ebola and officials are now contacting other passengers on the plane.

"The level of risk to people around her would be extremely low," said Dr. Tom Frieden, director of the Centers for Disease Control and Prevention.

The worker is the second to be infected after treating a Liberian man who died of Ebola last week.

Frieden says the health care worker travelled to Ohio before she knew that the first nurse had been diagnosed. The unidentified nurse flew to Cleveland on Friday, the same day a colleague, nurse Nina Pham, was hospitalized. Pham's diagnosis with Ebola was disclosed on Sunday.

The second nurse returned to Texas on Monday on Frontier Airlines Flight 1143 from Cleveland to Dallas-Fort Worth with 132 other passengers, according to the CDC.

The airplane's crew said she had no symptoms of Ebola during her return flight on Monday. But Tuesday morning she developed a fever and on Tuesday night tested positive for Ebola.

Infected Ebola patients are not considered contagious until they have symptoms. But the CDC is asking passengers on Monday's flight to call the health agency so they can be monitored.

The flight landed in Dallas at 8:16 p.m. Monday, stayed there overnight, and underwent a thorough cleaning before returning to service the next day. The cleaning was consistent with CDC guidelines, according to a Frontier Airlines statement released by CDC officials.

THE ASSOCIATED PRESS

Nurses treating Ebola patient complain of unsafe conditions

A Liberian Ebola patient was left in an open area of a Dallas emergency room for hours, and the nurses treating him worked for days without proper protective gear and faced constantly changing protocols, according to a statement released late Tuesday by the largest U.S. nurses' union.

Nurses were forced to use medical tape to secure openings in their flimsy garments, worried that their necks and heads were exposed as they cared for a patient with explosive diarrhea and projectile vomiting, said Deborah Burger of National Nurses United.

Burger convened a conference call with reporters to relay what she said were concerns raised by nurses at Texas Health Presbyterian Hospital, where Thomas Eric Duncan — the first person to be diagnosed with Ebola in the U.S. — died last week.

Duncan died Oct. 8, and the hospital said Sunday that one of his nurses had tested positive for Ebola. She is hospitalized and was listed Tuesday in good condition. On Wednesday, Texas health officials announced that a preliminary test indicated a second, unidentified health care worker at the hospital had been infected with the disease.

THE ASSOCIATED PRESS

Nursing student Mathew Jacob participates in a refresher course on personal protective equipment at the Brookhaven College School of Nursing in Farmers Branch, Texas, on Tuesday. ANDY JACOBSOHN/DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Pennsylvania

High school soccer coaches resign over Ebola taunts

Two Pennsylvania high school soccer coaches have resigned after their players hurled Ebola taunts at an opponent from West Africa.

Northampton Area Supt. Joseph Kovalchik says the coaches resigned Tuesday. He says he met with the team Wednesday and will discipline students who violated the school's anti-discrimination policy.

Authorities say the comments came during a game last week against rival Nazareth Area High School.

Fountain Hill Police Chief Edward Bachert is the Nazareth player's legal guardian. He says the 16-year-old is from Guinea, and worries about his parents given the Ebola outbreak there.

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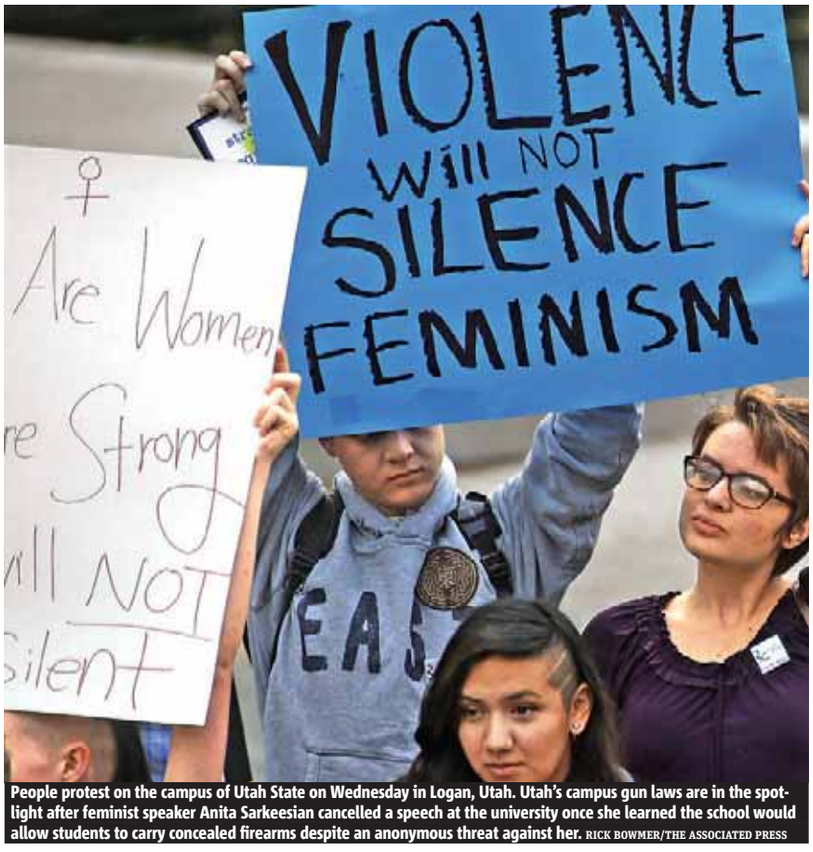

People protest on the campus of Utah State on Wednesday in Logan, Utah. Utah's campus gun laws are in the spotlight after feminist speaker Anita Sarkeesian cancelled a speech at the university once she learned the school would allow students to carry concealed firearms despite an anonymous threat against her. RICK BOWMER/THE ASSOCIATED PRESS

Sarkeesian critical of school's relaxed safety measures

Gun violence. Despite receiving mass shooting threats, Utah State refused to ban people from carrying guns into feminist blogger's lecture

Canadian feminist and media critic Anita Sarkeesian has been forced to cancel a lecture in Utah after an anonymous threat promised a "Montreal Massacre-style attack" if the event went forward.

Sarkeesian — whose Feminist Frequency blog critiques how women are portrayed in popular culture and video games — was set to speak at Utah State University Wednesday evening. However, school officials received a threatening email Monday, vowing to carry out a mass shooting unless the lecture was cancelled.

According to the Standard Examiner in Ogden, Utah, the threats directly referenced the 1989 shooting at Montreal's École Polytechnique. In that incident, 25-year-old Marc Lépine announced he was "fighting feminism" before murdering 14 women at the school.

The author of the email referred to Sarkeesian as "a craven little whore" and boasted about possessing "a semi-automatic rifle, multiple pistols, and a collection of pipe bombs."

The university had vowed to increase security at the event, but Sarkeesian cancelled after learning the audience would be allowed to carry concealed firearms in accordance with state law.

Anita Sarkeesian CONTRIBUTED

"It's sort of mindboggling to me that they couldn't take efforts to make sure there were no guns in an auditorium that was threatened with guns and a mass shooting," Sarkeesian said. "I don't understand how they could be so cut and dry about it."

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Incarceration incident

Prisoner sues B.C. saying he slipped on urine thrown into his cell

A British Columbia man who claims he slipped in urine that was thrown into his prison cell has filed a lawsuit against the province seeking $25,000 plus court fees.

Shane Jeurissen says in his notice of claim that he was in the segregation unit of the Kamloops Regional Correctional Centre on July 24 when two inmates tossed a container of urine into his cell.

Jeurissen, 43, says in the court document that he "slipped on the urine inside the cell and fell to the ground," suffering injuries to his back and knee.

The long-term offender with a violent history claims a corrections officer then made him clean up the urine without protective equipment.

THE CANADIAN PRESS

Pistorius 'ruined' our family, Steenkamp's cousin testifies

Emotional statement. Family member tells court she heard news of killing on radio

Reeva Steenkamp's cousin sobbed while testifying Wednesday how she first heard on a car radio that Oscar Pistorius had killed his girlfriend.

Kim Martin said she had "hoped to God" that Pistorius was cheating on her cousin and that the young woman he had shot at his home was not Reeva.

"They hadn't confirmed the name, they said his girlfriend," Martin recalled of the early-morning news broadcast. "I was trying to phone her (Reeva) and she wasn't answering and I was screaming at my husband."

Martin, who said she was close to Steenkamp, went to her mother's house where she learned her cousin had been killed by the Olympic athlete.

Reeva Steenkamp's father, Barry Steenkamp, cries as he is comforted by his wife June, as they listen to proceedings during the third day of sentencing for Oscar Pistorius at the high court in Pretoria, South Africa, Wednesday.

ANTOINE DE RAS/THE ASSOCIATED PRESS POOL

"The doors opened and my mother was hysterical and that's when I knew it was true," Martin said. "That was for me the end of the world. Everything was just a blur from then onwards."

The emotional testimony during Pistorius' sentencing hearing caused the judge to rule a brief adjournment when Martin began crying.

Her testimony dealt in detail for the first time at the months-long trial with the life of Steenkamp, a 29-year-old model and law graduate, and the impact her Valentine's Day killing had on her family.

"We were all, 'Why, why, why Reeva?'" Martin said. She said Steenkamp's killing "ruined our whole family."

Steenkamp was shot multiple times by Pistorius through a toilet cubicle door in his home in the pre-dawn hours of Feb. 14, 2013. The runner was found guilty of culpable homicide for negligently killing her, but acquitted of murder after claiming he mistook Steenkamp for an intruder.

Martin was the first witness called by prosecutors for sentencing and the first relative of Steenkamp to give testimony in the case. Martin said she wanted to be "Reeva's voice" after Steenkamp's parents, Barry and June, decided they were too emotional to testify.

Judge Thokozile Masipa will decide Pistorius' punishment and has wide latitude.

The judge could order the former star athlete to pay a fine and go under house arrest, or she could send him to prison for up to 15 years.

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Canadians ready to act against hunger

World Food Day poll shows concern is high

A new Ipsos survey commissioned by the international development organizations Development and Peace and the Canadian Foodgrains Bank reveals that a majority of Canadians are concerned about world hunger and want to take action in the struggle against it.

Released today on World Food Day, the survey, which had 1,002 respondents from across the country, showed that over 60 per cent of Canadians are concerned about world hunger, and that 65 per cent believe that funding programs that support small family farmers in developing countries to be the most effective way to reduce hunger.

Canadians, however, underestimated the number of those suffering from hunger, with 42 per cent placing the number below 500 million, and another 26 per cent admitting to not knowing. The United Nations World Food Programme estimates that there are actually 805 million undernourished people in the world today.

The survey also indicated that a majority of Canadians believe that they can play a role in the fight against world hunger, mainly by donating to organizations that support small family farmers in developing countries, calling on the Canadian government to increase funding for international aid aimed at helping small family farmers, and by making lifestyle changes, such as wasting less food.

Peasant women in Haiti are earning better incomes from their crops thanks to support from Development and Peace. CONTRIBUTED

The theme for this year's World Food Day is Family Farming: Feeding the world, caring for the earth, which highlights the essential role of family farming in eradicating hunger and poverty.

"We have seen time and again how our programs that support small family farmers can have a real impact on the quality of life of their families and their communities," says Michael Casey, Executive Director of Development and Peace.

"It is really encouraging to see that Canadians are making the connection that small family farmers need our solidarity if we want to see an end to hunger, and are willing to show that solidarity through concrete actions," he added.

Development and Peace works with grassroots organizations in Africa, Asia, Latin America and the Middle East whose projects are aimed at eradicating poverty and addressing issues of injustice faced by groups that are marginalized, such as women and indigenous communities.

The organization is currently running a campaign called Sow Much Love that draws attention to the challenges faced by small family farmers in developing countries, including diminishing access to seeds. As part of the campaign, Canadians across the country are signing a petition to ask that Canadian policies and programs support small family farmers, and protect their right to preserve, use, and exchange seeds.

"When a mother in Haiti tells you that she can now send her children to school because her crops can fetch a fair price, it is truly uplifting. We want to make sure that we keep going in the right direction, and Canadians can help do that," said Mr. Casey.

To learn more about Development and Peace, visit devp.org.

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North Korea touts human rights record

'Nothng to hide'. Exercise in reputation burnishing comes on heels of UN report critical of the regime

North Korea on Wednesday circulated a draft UN resolution praising its own human rights record in a rare effort to counter the international community's growing condemnation of the way it treats its people.

In a closed meeting, dozens of diplomats sat in silence after the North handed out copies, said it has "nothing to hide" and invited questions and comments.

China, Pyongyang's top ally, finally broke the silence and said it strongly opposes resolutions that interfere in a country's internal affairs and hurt mutual trust.

The European Union and Japan have teamed up on a separate resolution that sharply criticizes North Korea's human rights record.

The EU told the North Koreans that Pyongyang's recent contacts with EU officials have been welcome, but that doesn't mean its resolution criticizing the North will be withdrawn.

No diplomat commented on the draft resolution in the meeting, which broke up after just 20 minutes. The North Koreans said comments are welcome until the end of the month. "Don't hesitate to contact me," one said.

The draft was not circulated publicly. In a letter to diplomats circulated last week, North Korea said its resolution for the U.N. General Assembly would mention the country's free education and medical systems and the "recent positive measures" to improve relations with South Korea.

North Korea has taken the unusual approach of promoting its rights record in the months since a U.N. commission of inquiry report was harshly critical of the impoverished, reclusive regime. The 372-page report accused the North of running political prison camps with up to 120,000 people and sponsoring abductions of South Koreans, Japanese and others.

THE ASSOCIATED PRESS

Hudson Bay region

Polar-bear hunt quotas slashed

Inuit and Cree hunters have agreed to slash their polar bear quotas for Canada's southernmost population of the mighty Arctic predator.

Scientists say the old allowable harvest of 60 bears in the southern Hudson Bay region was unsustainable. But Inuit say they agreed to cut their hunt back to 45 mostly over fears of an international backlash against Canada's management policy.

"We keep saying there's too many bears out there but the biologists don't seem to understand that," said Paul Irngaut of Nunavut Tunngavik Inc., the group that administers the Nunavut land claim.

He said hunters feared that if they hadn't agreed to reduce the southern Hudson Bay hunt, Environment Canada would ban the export of skins from those particular bears in an effort to prevent the entire trade from being forbidden. THE CANADIAN PRESS

In support of euthanasia

A supporter rallies Wednesday outside the Supreme Court of Canada on the first day of hearings into whether Canadians have the right to seek help to end their own lives. ADRIAN WYLD/THE CANADIAN PRESS

Nepalese soldiers prepare to airlift an injured trekker in the Thorong La pass area of Nepal Wednesday. Four foreign trekkers caught in a blizzard died Tuesday while 14 others were rescued. COURTESY NEPALESE ARMY/THE ASSOCIATED PRESS

Four Canadians die in Himalayas

Nepalese avalanche, blizzard kill 12. Death toll expected to rise as rescuers struggle to reach dozens of stranded trekkers

Cyclone blamed

- The rain and snow that triggered the deadly avalanches and blizzard in Nepal were caused by a cyclone that hit neighbouring India days ago.
- October is the most popular trekking season in Nepal, with thousands of foreigners hiking around Nepal's Himalayan mountains.

An avalanche and a blizzard in Nepal's mountainous north have killed at least 12 people, including four Canadians, officials say.

Montreal-based travel agency Terra Ultima said three Quebecers — two women in their 50s and one in her 30s — are among those missing and feared dead. Co-founder Julien Passerini said six Quebecers, including a guide who is among the missing, had left Canada on Oct. 3 for three weeks.

A company called Panorama Himalaya confirmed the deaths of three Canadian clients in an avalanche and said it had rescued three other Canadians. A company called Nepal Hidden Treks confirmed the death of a fourth Canadian woman.

In the neighbouring Mustang district, four trekkers caught in a blizzard died Tuesday. Rescuers recovered the bodies of the two Poles, one Israeli and one Nepali trekker from the Thorong La pass area. A government official said 14 foreigners have been rescued so far, and two army helicopters were picking up injured trekkers.

Five climbers — two from Slovakia and three Nepalese guides — were hit by a separate avalanche on Mount Dhaulagiri and remain missing. THE ASSOCIATED PRESS

Four kids injured in Kashmir cross-border firing: Pakistan

Indian forces fired into the Pakistan-administered portion of the disputed Himalayan region of Kashmir, wounding four children Tuesday night, Pakistan's military said Wednesday, a sign of increasing tensions between the two nuclear-armed rivals.

Indian army officials confirmed the incident but blamed Pakistan for initiating the fire, saying the Pakistan army fired small arms and mortar shells at Indian positions late Tuesday.

A senior official in Indian-controlled Kashmir said Pakistani fire wounded one civilian Tuesday.

Angered over the clashes, about 200 Kashmiri activists staged a sit-in Wednesday about 500 metres from the Line of Control at Chakoti sector in Pakistan-administered Kashmir, asking India to stop the firing. They also urged India to allow them to send supplies for those affected by recent floods in Indian-controlled Kashmir that killed 200 people.
THE ASSOCIATED PRESS

A Kashmiri woman sits near a burning tire during a protest Wednesday by people affected by floods in Srinagar. THE ASSOCIATED PRESS

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Christine McVie
CHARLES SYKES/THE ASSOCIATED PRESS

Like a swan, songbird returns

Mick Fleetwood says he has remained friends with the band members and former wives over the years.

"I went through a whirlwind world, you went with it all. But I had no malice, I never had that. In spite of the end result, I meant no harm," he says of his three divorces. There was no proper work/life balance and spouses were neglected, he says.

"I was a guy on a mission in a Walter Mitty world, naïve truly."

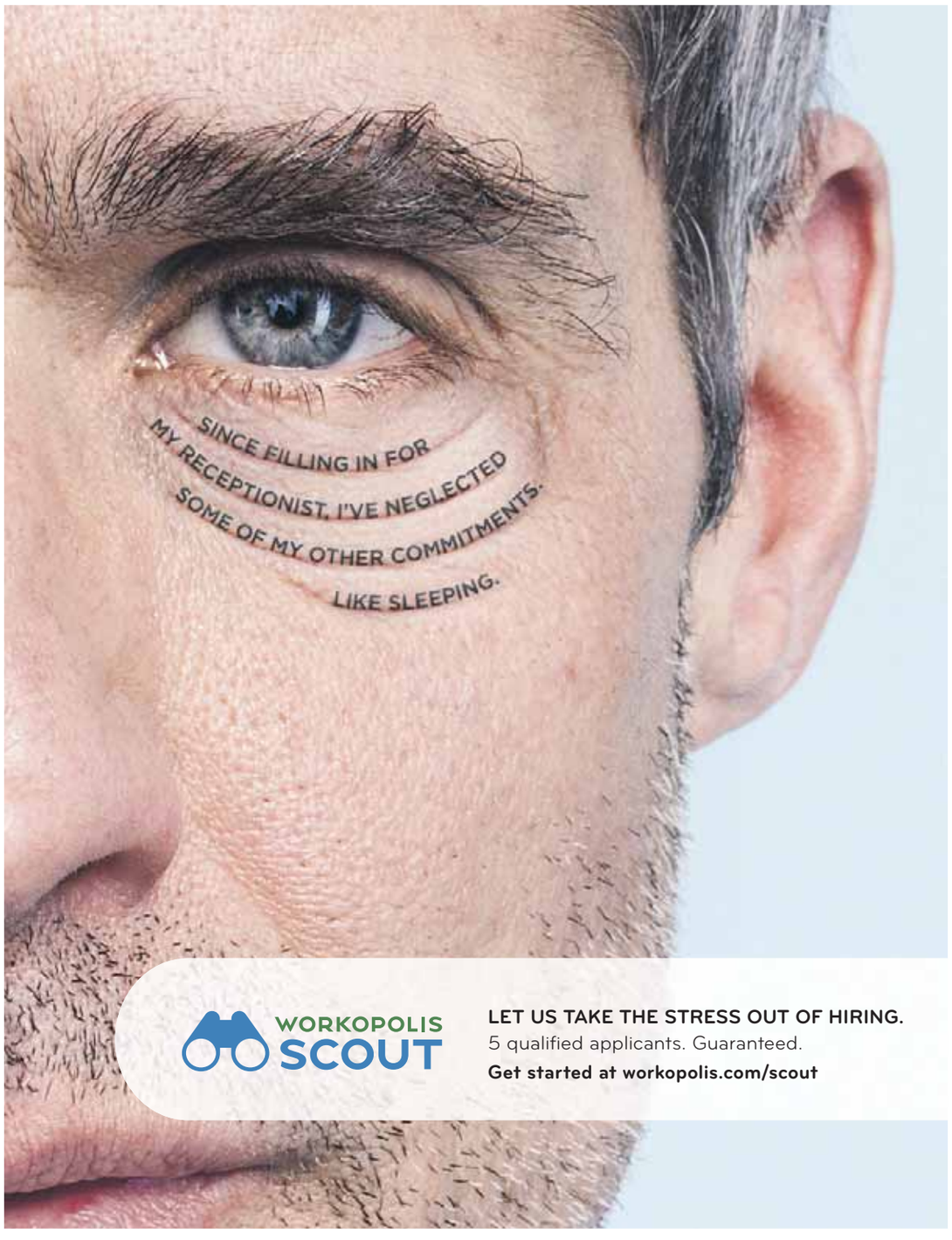
Currently in a new relationship that he is trying to keep strong ("Maybe this time, I will really get it right"), Fleetwood tells the story of a photograph of two swans in his collection.

"Swans live for a long time, they are a lifelong pairing. Do you know how precious that is? My father and mother had a lifelong relationship. It's a massive accomplishment."

Standing on stage with Nicks, Buckingham, the McVies, all back together again, Fleetwood says, "We had a second chance and we got it right, like those swans. It is a state of grace."

The show ends with Christine McVie coming to the piano onstage and playing Songbird — the songbird returned.

TORSTAR NEWS SERVICE



Fleetwood Mac's Stevie Nicks in performance on Oct. 9 in New York City. The reunited

Reunited Mac like a

World tour. Each of the legendary band's members will take the Air Canada Centre stage on Saturday

Mick Fleetwood, who at 67 has been playing drums professionally for 50 years, is a happy man.

Fleetwood Mac, the band he founded alongside John McVie, has just launched a world tour, which includes singer-songwriter Christine McVie after a 16-year absence. When she indicated that she was once again ready to tackle flying (of which she is afraid) and the hectic schedule of a tour, the band's four remaining members — bassist John, Christine's former husband; singer-songwriter Stevie Nicks; guitarist Lindsey Buckingham, Nicks' former boyfriend; and Fleetwood — jumped for joy.

"Once that door opened, it was like a fairy tale," Fleetwood said in an interview in advance of their Saturday night show at the Air Canada Centre.

"The shows have been beyond anything. To be in the house with that atmosphere — it is a whole new level of enthusiasm."

The once-again current Fleetwood Mac lineup first emerged in 1975, after a few

band is back in Toronto on Saturday. NOAM GALAI/GETTY IMAGES

Fleetwood ‘fairy tale’

Play On

“I have lived a crazy life with mucho grando amounts of alcohol pouring through my veins but I don’t do that anymore. Oh, I have a glass of wine. But I’m not the Mad Hatter.”

Mick Fleetwood in his autobiography, Play On

earlier incarnations, and over the following several years released a series of hits including Go Your Own Way, Rhiannon, Landslide, Over My Head, Don’t Stop and You Make Loving Fun.

Performing to sellout crowds and rave reviews, the re-energized band members (who work out with personal trainers) have all made their peace with the past, Fleetwood said, and are family again.

“How cool is this?” laughs Fleetwood of the band’s complicated intertwining of relationships that leaves them co-workers and friends today.

“We got a second chance to have a higher form of friendship.” TORSTAR NEWS SERVICE

Reflections

Fleetwood’s art on display in Toronto

When he is in Toronto, Mick Fleetwood will visit Yorkville’s Liss Gallery, which is showing his photographs until Oct. 31. There is an invitation-only reception with Fleetwood on Friday evening.

Titled Reflections, the photographs are landscapes that have special meaning to Fleetwood, either from England where he was born or Hawaii, where he now lives with his mother who is 98. A road vanishing in the distance causes him to ponder, “What are you doing with your life?” he says.

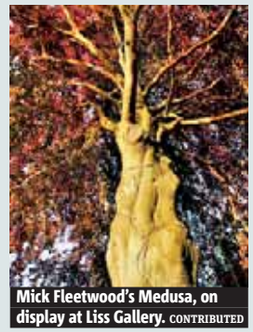
All of the photos are personal, says Fleetwood, “selfishly, they mean a damn to me.” Another photo, titled Medusa, is of the tree outside his mother’s home back in England. The twisted trunk looks like a human torso, he says, “the form in that tree is like a lady’s body.”

His art “is calm, thoughtful” and inspired by the works of Ansel Adams, he says.

Some of the black and white photographs are painted, a technique he is learning while leaning over the shoulders of artists following his instructions.

The drummer, who did not write songs for the band, says, “These are my songs.”

TORSTAR NEWS SERVICE



Mick Fleetwood’s Medusa, on display at Liss Gallery. CONTRIBUTED

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Bananas! Companies duke it out for Chiquita

Offers. Pair of Brazilian companies have raised bid to $658M, saying offer is better than one by Ireland's Fyffes

Two Brazilian companies were set to raise their bid for banana company Chiquita to approximately $658 million US.

Investment firm Safra Group and juice company Cutrale Group said Wednesday that they are now offering $14 per Chiquita share, up from their previous bid of $13 per share. That's an approximately 6 per cent premium to Chiquita's Tuesday closing price of $13.16.

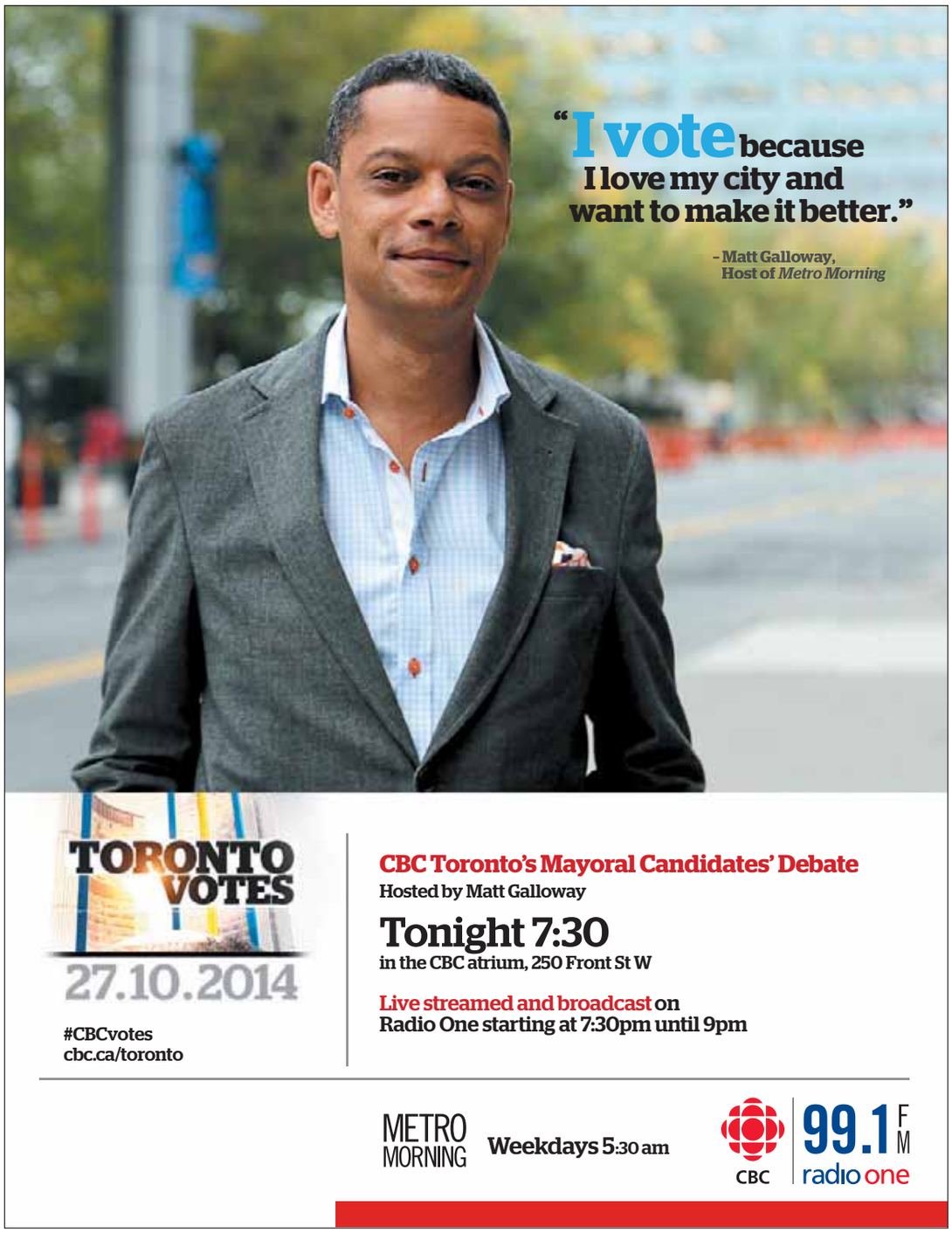
Chiquita already has a merger agreement in place with Irish fruit importer Fyffes that would give Chiquita's stockholders nearly a 60 per cent stake in the combined company under an all-stock deal. Fyffes shareholders would own about 40 per cent. If the deal goes through, it would create the world's largest banana supplier.

Safra and Cutrale said Wednesday that they believe their offer is superior to Fyffes, saying it gives Chiquita stockholders "complete certainty with respect to the value of their Chiquita investment."

Chiquita and Fyffes announced their agreement last March. The new company will be incorporated in Dublin, where Fyffes is headquartered. Chiquita is based in Charlotte, North Carolina.

THE ASSOCIATED PRESS

Chiquita is entertaining competing offers right now. JOHN MOORE/GETTY IMAGES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Sparks tiff. U.S. governor wants French, Irish to butt out of cigarette packaging

In a trans-Atlantic debate over cigarette packaging, North Carolina's governor poses a rhetorical question to the Irish and French governments: Would Guinness be recognizable labeled simply as "beer?" Or would champagne sell as well in a bottle lacking its distinctive curves?

Gov. Pat McCrory has written letters to French and Irish officials decrying proposals in those countries to force manufacturers to package their cigarettes in plain containers. McCrory argues farmers and manufacturers in the top U.S. tobacco-producing state would be hurt by the proposals to remove brand logos and colours from cigarette boxes.

"Plain packaging laws are a direct assault on intellectual property and trademarks," he says in the Oct. 6 letter to Gerard Araud, France's ambassador to the U.S.

He wrote a similar letter to Irish officials. In both letters, he compares North Carolina's tobacco industry to Ireland and France's famed vineyards, breweries and distilleries.

THE ASSOCIATED PRESS

Nexus phone, tablet

Google goes after Apple's base with latest gadgets

Google is coming out with bigger, more expensive versions of its Nexus phone and tablet to attract more of the affluent consumers who faithfully buy each new generation of Apple's iPhone and iPad.

The new lineup announced Wednesday is Google's latest volley in its duel with Apple in the increasingly important mobile device market.

THE ASSOCIATED PRESS

Alipay

ePass new way for Chinese shoppers to buy U.S. goods

China's half billion online shoppers will soon have an easier way to shop in the U.S.

Alipay, the payments unit recently spun off from Chinese e-commerce powerhouse Alibaba, is launching a service for U.S. retailers called ePass. Alipay has already been working in beta mode with retailers such as luxury deal site Gilt.com, The Gap and H&M.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 88.83¢ (+0.38¢)

TSX 13,869.88 (-166.80)

OIL $81.78 US (-$0.06)

GOLD $1,244.80 US (+$10.50)

Natural gas: $3.81 US (-$0.03)
Dow Jones: 16,141.74 (-173.45)

In this 2011 photo, William Melchert-Dinkel leaves court with his wife, Joyce Melchert-Dinkel, in Faribault, Minn. ROBB LONG/THE ASSOCIATED PRESS FILE

Man guilty of assisting suicide gets jail time

Former Minnesota nurse. He encouraged an 18-year-old Canadian university student to kill herself

Nadia Kajouji, from Brampton, Ont. THE ASSOCIATED PRESS

A former Minnesota nurse who admitted going online and encouraging an English man and a Canadian woman to kill themselves is headed to jail.

William Melchert-Dinkel was ordered Wednesday to serve 178 days.

He was sentenced to three years in prison, but he won't have to serve the prison term if he complies with conditions of probation that include the jail time.

The 52-year-old was convicted in September of one count of assisting a suicide and one count of attempting to assist a suicide in the deaths of Mark Drybrough, 32, of Coventry, England, and Nadia Kajouji, 18, of Brampton, Ont.

The convictions came after the Minnesota Supreme Court narrowed the state's assisted-suicide law and reversed earlier convictions.

Kajouji jumped into a frozen river in 2008. She was a student at Carleton University in Ottawa at the time. Drybrough hanged himself in 2005.

Melchert-Dinkel told the judge presiding over the case that he was sorry for his actions. THE ASSOCIATED PRESS

Death of Tina Fontaine's father led her astray, courtroom hears

A Winnipeg courtroom is hearing more details about the downward spiral of a 15-year old girl whose body was pulled from the Red River in August.

A sentencing hearing for two men who killed Tina Fontaine's father, Eugene, has been told the teen lost her way after the killing.

Eugene Fontaine was beaten to death in October 2011 by two men he had consumed drugs and alcohol with on the Sagkeeng First Nation northeast of Winnipeg

Nicholas Abraham and Jonathan Starr have pleaded guilty to manslaughter and the Crown is seeking 10-year sentences for each of them.

In a victim impact statement, Tina Fontaine's great-aunt and uncle say Tina "started drifting away" after losing her father. One of Tina's aunts said the teen "was not able to cope at all."

The girl's family has already said Tina was a bright girl who fell into trouble after moving to Winnipeg earlier this year.

They say she frequently ran away from social workers while she was in the care of family services, and disappeared one week before her body, wrapped in plastic bag, was found in the water. Police have not made any arrests. THE CANADIAN PRESS

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Why did the chicken co. cross the street?

To buy a gaming co.

Chinese chicken company looking to diversify after losses due to 'lingering effects' of bird flu buys a London, Ont., firm

ANGELA MULLINS
Metro in London, Ont.

A hot spot in London, Ont.'s gaming sector has been sold to the subsidiary of a Chinese company that specializes in trading and producing chicken meat.

The purchase has come, in part, due to the effects of bird flu on the buyer's business.

Multi Dynamic Games Group and Perfect Online Holding combined to buy 61 per cent of Digital Extremes, the game developer with ties to titles like Darkness 2 and Bioshock 2.

Price

$73.2M

Price in US dollars Multi Dynamic Games Group and Perfect Online Holding paid combined for 61 per cent of Digital Extremes.

Digital Extremes' CEO James Schmalz said the "partnership" will mean bigger and better things for its newest title, Warframe.

Multi Dynamic Games Group bought 58 per cent of the London firm with Perfect Online Holding picking up the other three per cent involved in the deal.

Multi Dynamic is a branch of Sumpro Foods, a business focused on chicken. The company has identified the gaming industry as an area for expansion as it looks to diversify.

Losses have been mounting due to the "lingering effects" of the bird flu, according to financial statements.

First-person shooter game Unreal was a breakthrough hit for James Schmalz and his company Digital Extremes. TORSTAR NEWS SERVICE FILE

Perfect Online is a branch of Perfect World, a Hong Kong-based online game developer and operator.

Digital Extremes ended 2013 with a profit of nearly $4.5 million after taxes, according to financial statements included in the deal. Profit was $7 million for the six months that ended April 30.

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McDonald's in N.B. investigating game of hide and squeak

A not-so-mice surprise.
N.B. man in 'disbelief' after he says he found a mouse in his coffee cup

Ron Morais takes his McDonald's coffee black: no cream, no milk. And certainly no mouse.

The New Brunswick man is looking for answers from the fast-food giant after saying he found a dead rodent at the bottom of his McDonald's coffee.

Morais, who lives in New Maryland, said he ordered the medium black coffee Monday from a McDonald's in nearby Fredericton on his way to work.

The 57-year-old said he didn't notice anything unusual until he popped the lid off to enjoy the last few sips.

"It was disbelief," he said. "And then, 'Oh my God! There's a mouse in my cup!'"

Morais said the small mouse was wedged in the bottom of the cup with what appeared to be rodent feces. He said it was too tiny to notice the extra weight, but there was no doubt about what it was.

"Tail, whiskers, sort of dark grey or almost brown," he said. "The way it was situated in the coffee cup, the nose was squished up against one side and its butt against the other. So it was almost like it was stuck to the bottom of the cup because it wasn't moving around."

He said one co-worker peered inside the cup and thought Morais was pulling an early Halloween prank with a fake mouse. Another colleague turned green, he said.

"When she looked she almost woofed her cookies," he said. "I felt a little queasy myself."

McDonald's Canada said it takes allegations involving cleanliness and sanitation seriously and that upon learning of the situation, the local franchisee immediately began an investigation, including working with the local public health authority. Both the health authority and an independent inspection by a pest control company found no evidence of pest problems in or outside the restaurant, McDonald's Canada said.

"We are continuing to investigate this isolated incident and have reached out to the customer to obtain the product sample," McDonald's Canada said in a statement.

Morais, who said he has a "cast-iron stomach," said he went to the hospital on the advice of his boss to get checked out, but was sent home and told to come back if he felt sick.

He said the cup and mouse were kept in a freezer at his home until being picked up by a representative from McDonald's.

Morais said he doesn't want anything from McDonald's besides an explanation. He's had no ill effects from drinking the coffee, except for losing his appetite for a fast-food caffeine fix. THE CANADIAN PRESS

Pennsylvania

Man says he assaulted dentist with tire iron to get free dental care in prison

A Pennsylvania man says he assaulted his dentist with a tire iron because he couldn't afford dental treatment and knew he'd get it in prison.

The Erie Times-News reports 30-year-old Philip Kienholz offered the explanation Tuesday when he was sentenced to 16 months to four years in state prison.

The Erie man had pleaded guilty but mentally ill in September to charges of aggravated assault and possessing an instrument of crime.

Erie police say Kienholz cornered the dentist while he was treating a juvenile patient, then hit the doctor in the wrist with the tire iron before running away.

At the time, police said Kienholz indicated he attacked the dentist because he was angry that the dentist wanted to prescribe antibiotics rather than pull an infected tooth.
THE ASSOCIATED PRESS

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Lucie Aylwin and fiancé Gary Gendron. Alywin died following the mall's collapse. HANDOUT/THE CANADIAN PRESS

Doloris Perizzolo died in collapse
HANDOUT/THE CANADIAN PRESS

Rescue workers remove their hard hats as firefighters carry a second body out of the Algo Centre Mall in Elliot Lake, Ont., on June 27, 2012. Commissioner Paul Belanger reported this week on the deadly tragedy of the northern Ontario mall. He and his team have spent months sorting through numerous claims, counter-claims and finger pointing as to who was to blame for the tragedy.
NATHAN DENETTE/THE CANADIAN PRESS

Lives lost

Two years after the collapse of Algo Centre Mall, the community as a whole and those close to the victims have been given some measure of closure with the report's release.

- **Tragic Saturday.** In June 2012, the rooftop parking deck, after decades of penetrating, rust-causing water compromising it, finally crashed down.
- **Two victims.** Trapped in the rubble were Doloris Perizzolo, 74, and Lucie Aylwin, 37. Nineteen others were injured. While Perizzolo's death was deemed quick, Aylwin might have lived for as long as 39 hours.
- **Aylwin alive?** Commissioner Belanger concluded as much, stating responsive tapping and a muffled voice was heard by search dogs.
- **Possibility of rescue.** Belanger says Aylwin's rescue was possible, but says "we will never know for sure."
- **Alywin's fiancé.** "It's sad and it feels good at the same time," said Gary Gendron. "I feel a little bit better, somewhat of a closure."

Elliot Lake mall report shows decades of neglect: Belanger

Algo Centre inquiry. Findings show poor construction, dishonest owners, engineers and inspectors contributed to 2012 roof collapse

Decades of incompetence, neglect, greed and dishonesty by successive owners, engineers and municipal officials led to the deadly cave-in of a northern Ontario mall two years ago, a judicial inquiry reported.

Released Wednesday, the report is a scathing indictment of those who allowed the Algo Centre Mall to rust to the point of collapse. Commissioner Paul Belanger pulled few punches in holding those responsible to account.

"Although it was rust that defeated the structure of the Algo mall, the real story behind the collapse is one of human, not material, failures," Belanger told scores of residents at a community centre.

"Some of these failings were minor, some were not; they ranged from apathy, neglect and indifference through mediocrity, ineptitude and incompetence, to outright greed, obfuscation and duplicity."

What is clear is the disaster began unfolding in the 1970s. The mall, Belanger concludes, was "doomed to early failure" while still in its planning stages.

Putting parking on the roof was a bad idea. A defective roof design — using an untested combination of materials — made matters much worse.

"The system was a dismal failure from the moment it was installed," the report states.

Ironically, the mall seldom lacked for professional oversight from architects and engineers, with 30 visits, inspections and reports over its 33-year life.

However, the scrutiny never translated into a proper fix for the leaks that prompted some to dub the centre the "Algo Falls." No one appeared to realize how severely the rust would compromise the integrity of the structural steel.

Some of the engineers involved simply forgot the "moral and ethical foundation" of their vocation and, Belanger concludes, were more concerned with pandering to clients than with protecting the public.

"Their inspections were so ... incomplete as to be essentially meaningless," he said.

The commissioner was particularly critical of Robert (Bob) Wood, the engineer who signed off on the health of the mall weeks before it collapsed. His work and conduct, Belanger says, were "markedly inferior."

Wood, who faces criminal charges in connection with the collapse, said he falsified his report to appease the owner.

According to the commission, the mall's various owners hid the problems, then tried to sell their way out of them when patchwork fixes failed. Profit considerations trumped all other concerns, Belanger said.

In all, the report from the $20-million inquiry makes 71 recommendations, including setting minimum maintenance standards for buildings, beefed-up inspections, and expanded emergency response capability.

THE CANADIAN PRESS

Local effort

Emergency response team praised

Belanger is effusive in his praise for the initial local emergency response. His view of the provincial heavy urban search and rescue team that was called in — despite the good intentions and courage of its members — is far more jaundiced.

The team deployed without sufficient numbers, without a proper plan or command structure, and treated family members and the community poorly, he says.

They also ignored an offer of help from experienced mine rescuers.

They called off the search due to the dangerous conditions instead of simply putting the effort on hold while they considered all other options.

The rescue effort, he says, was not a model others should strive to emulate.

"Ontario's urban search and rescue system needs a careful re-examination to provide better overall coverage and quality of service," Belanger concludes.

He does, however, praise then-premier Dalton McGuinty for getting the rescue effort restarted.

Provincial police said they had made improvements to their crisis response, including mandatory training for major critical incident teams who are now deployed throughout the province

In response to the report's release, the Ontario government promised a quick review of the recommendations to ensure the province is better prepared for any emergency.

THE CANADIAN PRESS

Walmart cuts sales outlook amid tough economic times

Wal-Mart Stores Inc.
World's largest store now expects annual sales to be up 2-3%, as it focuses on investing in e-commerce operations

Wal-Mart Stores Inc. cut its outlook for revenue growth for the current fiscal year as it confronts a tough global economic environment.

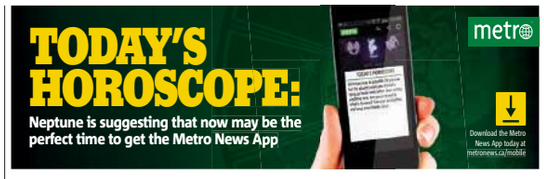
The world's largest company now expects annual sales to be up 2 to 3 per cent, down from its guidance of 3 per cent to 5 per cent growth that it released a year ago.

The reduced guidance, announced at its annual analysts' meeting, comes as the Bentonville, Ark.-based retailer reduces its capital spending on its physical stores because of its move to halve the store growth of its supercentres. At the same time, it's increasing investment in online operations in an effort to pursue customers where they are shopping. That means spending $10.4 billion to $11.4 billion US in capital expenditures on its physical stores during the next fiscal year. That's down from $11.6 billion to $12 billion being planned for the current year. The company plans to spend $1.2 billion to $1.5 billion on its e-commerce operations this fiscal year, up from a planned $1 billion this year.

It's also conducting a major review of its U.S. Wal-Mart business and will update investors on its plans early next year, executives said.

"We'll give customers the choices they want and need by integrating digital and physical retail," said Doug McMillon, Wal-Mart's CEO and president, who took over the reins from Mike Duke in February. "We won't be just a store on the street. We'll support our customers' lives with them in the driver's seat, to save them money and time."

THE ASSOCIATED PRESS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See Dubai from the sky

The world's tallest tower, Burj Khalifa, is seen in the background as children play next to a mosque in Dubai, United Arab Emirates, in 2011. Visitors to the Burj Khalifa can now get an even more elevated view of the Middle Eastern city. The owner of the 828-metre-tall skyscraper says that starting on Wednesday, visitors can pay to ride up to a new observation deck on the 148th floor. That is 555 metres above street level, making it the world's highest observation deck, according to Guinness World Records. To get there, visitors have to change elevators on level 125. Earlier, tourists could only go to a still-operational observation deck on the 124th floor. Nearly 1.9 million visitors did so last year. KAMRAN JEBREILI/THE ASSOCIATED PRESS FILE

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When will Canada get HBO stand-alone streaming service?

Not for a while.

The service is likely a no-go in Canada, at least until licences with Corus and Bell expire in 2018

Emilia Clarke in HBO's Game of Thrones. HBO is set to start offering a standalone version of its video-streaming service in the U.S. in 2015. HBO/THE ASSOCIATED PRESS FILE

HBO's plans to launch a stand-alone streaming service in the United States — that will let viewers sidestep their cable company to watch popular shows like Game of Thrones and True Detective — may signal a huge setback for the Canadian companies that currently carry the programs.

While the service won't be available in Canada immediately, it demonstrates the U.S. company is prepared to follow a growing number of viewers who are cancelling their cable in favour of services such as Netflix.

The announcement by HBO, which plans to launch its "over-the-top" next year, increases the possibility it will make inroads into Canada, RBC Capital Markets analyst Drew McReynolds writes in a note.

But it'll still take several years because new HBO programming is under an exclusive licence in Canada to Corus Entertainment and Bell Media until 2018, McReynolds says.

"We believe Time Warner's decision to offer HBO Go on a stand-alone basis in its core U.S. market is directionally negative for Corus," he adds.

"In our eyes, it increases the risk of HBO going 'over-the-top' into Canada when its current output deal with Corus/Bell expires."

Neither Corus nor Bell returned calls for comment.

On Wednesday, HBO chief executive Richard Plepler told investors in its parent company Time Warner Inc. that it wants to target the 80 million U.S. households that do not have HBO, but may want to watch its programs.

"That is a large and growing opportunity that should no longer be left untapped," he said.

Since HBO first went on the air in 1972, it has been tied down by cable companies who require viewers to pay for expensive packages, even if they just wanted the HBO channel. When HBO launched the HBO Go streaming website in the U.S. four years ago, its subscribers were still forced to pay their cable company for TV channels.

THE CANADIAN PRESS

Canadian habits

A growing number of viewers have been turning off their cable boxes and choosing to stream content from the Internet.

- The CRTC issued a report earlier this year that found more than 40 per cent of Canadians said they watched TV over the Internet in 2013, a figure that's roughly in line with figures from the U.S., where about 45 per cent of Americans stream TV, according to research firm eMarketer.

Matthew Corrin, Keynote Speaker
Founder and CEO of Freshii
Kelsey Ramsden, Keynote Speaker
Ranked Canada's #1 Female Entrepreneur

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CYBERSAFETY: TIPS FOR NUDE CELEBS & OTHER PEOPLE

HE SAYS
John Mazerolle
metronews.ca

Whether it's a generous overseas prince, an unexpected "I love you" email from a friend or a "banking error" that results in a refund, the surest sign something is spam is a nice person on the Internet.

There is no such person.

Message boards, news sites, comments sections and Twitter have taught us there is no "nice" online: only the malevolent and the stupid.

Olga from Russia does not want to date you and other men over 30. You are not the illegal-download site's 100,000th visitor, with or without a balloon GIF. And, OK, maybe your parents sent you an email saying they love you, but it sounds suspicious to me.

Each week there's some new security breach caused by bots on your computer or hackers in the Cloud or some damned thing.

People scramble to see hacked nude photos of celebrities they've already seen naked in the movies. CNN explains some new virus that sounds like an indie band (StormWorm!). A newspaper columnist comes THIS CLOSE to giving his info to a TD Bank phishing scam until he remembers, "Hey, this seems awfully *nice* of them."

Fortunately, my cynicism once again saved me from my useless trust in humankind. But what if you're a better person than me? How do you keep safe online? So glad you asked.

How to keep safe online

• Go against expectations by making your password "password." Hackers will be trying to find a more complicated password, and it will be right under their noses! The fools!

• Conversely, mix it up with Password1. The combination of text, caps and numbers will leave them baffled.

• Remember you should never share personal information over the Internet, email, regular mail, cellphones, landlines, smoke signals, Morse code, by pheromone or in person.

• If looking at nudes in public, cup your hands around the edges of the screen.

• Leave so-called "Captain Kirk" code on your computer to fool any bots into a logical paradox. e.g: "Everything this code says is a lie. This code is lying." Please note that your computer will smoke and spark for a while before shutting itself down.

• Ever notice how all security breach stories involve PCs or Macs? Tandy 1000, my friends. Tandy 1000.

• "Clean" your computer after every use by tossing it in soapy water.

• Keep your nudes in a folder marked Gideon Bible/Finances/History of New Brunswick and your personal information tucked away in the Apple Terms and Conditions agreement where nobody will read it.

• Maybe don't trust your personal information to a computer storage system named after a natural phenomenon known for its impermanence and permeability. Just a thought.

Metro Bitstrips caption contest

metro AR

Today's winner:
Andrew Wong

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MetroTube

metro AR

Let autocorrect finish that song

ANDREW
FIFIELD
andrew.fifield@metronews.ca

Back
I'm at work on my iPhone is not the
all time favorite song by them in a
statement issued after a few weeks
best way of saying the government
national unity government in exile ar
years ago when the best way of say
it would mean the world and I
don't

SCREENGRAB

Frequently frustrating suggestions aside, autocorrect can be pretty helpful — and entertaining. Songwriter Jonathan Mann also sees the charm in the smartphone feature's whimsical wordplay, so he recruited an iPhone to be the Bernie to his Elton and write the lyrics to a damned catchy song that haphazardly explores headaches, the universal yearning for human contact and ... geopolitics? (Jonathan Mann/YouTube)

Twitter

@metropicks asked: A U.S. doctor is slamming hazmat Ebola worker costumes as being offensive. What Halloween looks are off limits?

@pohl1: ISIS Jihadis, human bombs

@megsprevost: Dress up as a cloud and hand out nude pics of celebrities all day long. #TooSoon #Funny

@WerdEmUp: um.. maybe "Sexy Ebola Hazmat Worker" ??

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 27 in Scene, page 38 in Life and page 48 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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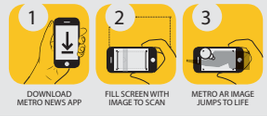

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Despite his success, he still feels like a Young Drunk Punk

Bruce McCulloch.
Kids in the Hall member's memoir and one-man show reveal his life and insecurities

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Bruce McCulloch performs Young Drunk Punk on Tuesday at Isabel Bader Theatre, 93 Charles St. W. at 8 p.m. Visit torontosketchfest.com. CONTRIBUTED

Bruce McCulloch is called many things: funny, witty and on occasion, offensive. Rarely do words like "heartfelt" enter into the equation. Yet it's the most appropriate way to describe the Kids in the Hall member's new book, Let's Start a Riot: How a Young Drunk Punk Became a Hollywood Dad.

"I think I'm this soulful guy who really loves people, but people don't think of me that way," admits McCulloch. "Maybe it comes out a little bit in the book."

Essentially an autobiography, Let's Start a Riot follows McCulloch's life from growing up a "loser in a jean jacket" in Calgary through to his life today. Its genesis was a story he wrote for Calgary's Swerve Magazine called "the Mouse and I." That blossomed into a one-man show called Young Drunk Punk (which he reprises Tuesday as part of the Toronto Sketch Comedy Festival) from which he pulled many of the book's stories. A television show written by and starring McCulloch is currently in production.

"The only reason I ever do anything is to connect with people," he says. "To write a story is one thing, but when you perform for other people, you can feel what's connecting with them."

On stage, McCulloch saw that audiences were connecting with the theme of family so he decided make that the focus of the book. "The book is about my three families: the one I crawled out of, the Kids in the Hall, and the one I have now with my wife and kids," he says.

Along the way he tackles painful memories, including his fraught relationship with his dad. But time has blunted much of the pain he experienced growing up in a dysfunctional family.

"Harder in a way, almost, is talking about the Kids in the Hall or the inner workings of my marriage," he says. "Hopefully there's a comic lens to it."

More music

Despite his success, McCulloch still considers himself the young drunk punk he describes in his book. "As a 50-year-old doing a notes call with NBC, I still feel like the same weird outsider I did when I was 18 years old."

That feeling of not fitting in is what drives the best comedy. "Everyone I know was a weirdo and a self-confessed loser at some point in their lives," he says. "There's the point of view of 'None of what you people are doing makes any sense.' I think that's the defining characteristic of every comedian I know."

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Avatar Secrets

Episode 3: Camaraderie

High on the adrenalin of finishing her first quest and levelling up, Ramona pushes deeper into the game, but quickly comes to see that she can't keep going on her own. "You see this enormous tsunami of loneliness. It's like a chant," says Dr. Sue Johnson, psychologist and author of Love Sense. Scan this photo for a video of Johnson discussing our need to connect with others.

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Oscars

Neil Patrick Harris

Neil Patrick Harris will host Academy Awards

Neil Patrick Harris will host the Oscars next year.

The actor announced his latest gig online Wednesday. He posted a video on Twitter of him on the phone saying, "I'm in," showing a close-up of his bucket list and circling "Host the Oscars."

Academy Awards co-producer Neil Meron confirmed the casting on Twitter, writing, "we are so THRILLED that @ActuallyNPH will be our #Oscars host this year."

Harris has hosted Broadway's Tony Awards four times and TV's Emmy Awards twice.

THE ASSOCIATED PRESS

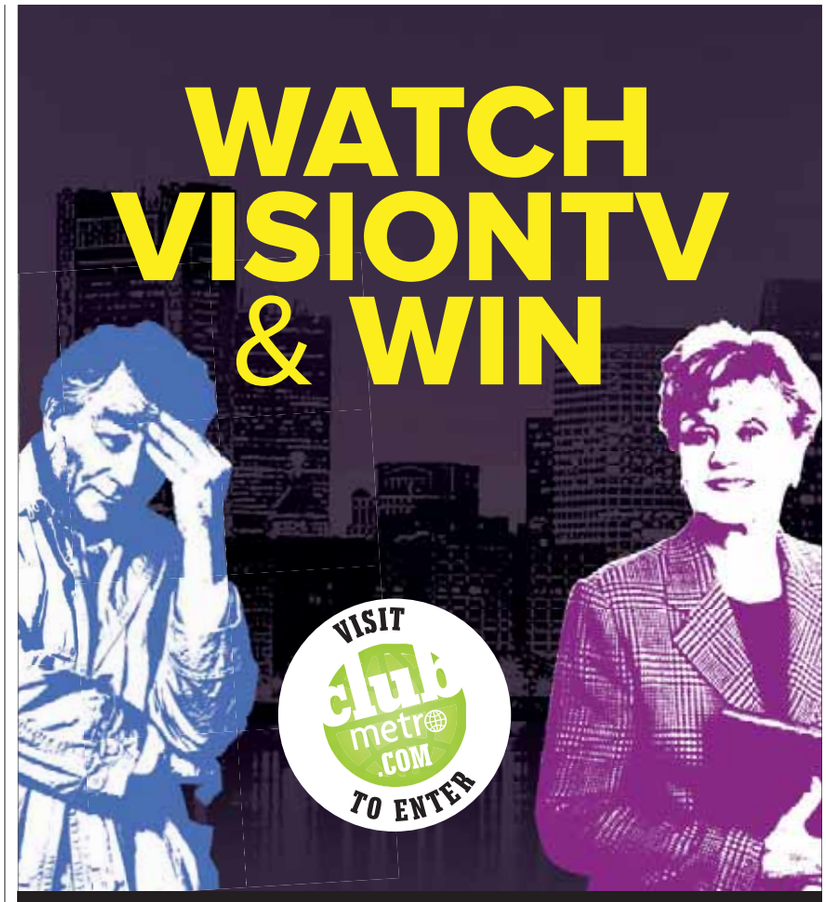
Underdogs. Grande voices foosball film

The animated comedy Underdogs is being readied for April release, and its English-language voice cast includes singer Ariana Grande, Nicholas Hoult of X-Men, Katie Holmes of Wonder Boys and Matthew Morrison of Glee.

Central to the story is Morrison's character Jake, an introverted foosball fan who is in love with Laura (Grande) and, with her support, wins against Ace (Hoult).

Things turn bad when Ace, now a global soccer star, comes back to town, nabs Laura, and starts wrecking the place in order to build a giant sports arena.

It's up to Jake to make things right, and help comes from the plastic figures atop his foosball set. **AFP**



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Chic-lit pioneer Becky heads to Rodeo Drive

Shopaholic to the Stars. Author Sophie Kinsella discusses her new book and its deeper themes about men and women

EMILY LAURENCE
Metro News New York

When Sophie Kinsella released Confessions of a Shopaholic in 2003, chick lit was new. But the book about romance, shopping sprees and friendship resonated worldwide and spawned a movie.

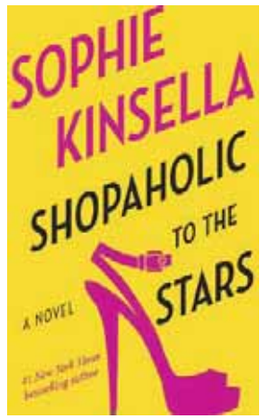
It's been four years since the last Shopaholic, but Kinsella is releasing the seventh book next week. We talk to her about how writing for women has changed, the book's deeper themes and what's next.

It's been four years since the last Shopaholic book. Why so long?
I was very eager to write another Shopaholic book, but I was also eager to write I've Got Your Number and Wedding Night, two standalone novels I've written in between. Oh, and I had a baby along the way. Hence the slight delay.

Shopaholic book tour

Sophie Kinsella will attend two book signings in Toronto this month.

- **Oct. 28:** VIP event at 99 Sudbury, $35. Details at globerecognition.net.
- **Oct. 29:** 7 p.m., Chapters in Richmond Hill, free.



Quoted

"I think the world has been through its own shopaholic journey — borrow, spend, regret it, pay the price."
Shopaholic author Sophie Kinsella

How did you come up with the idea?
Sending Becky to Hollywood is an idea I've been mulling on for ages — especially since I was involved in the Shopaholic movie. All the time I was on set or in L.A., I kept thinking, "What would Becky do? How would she react to L.A.?" I knew she would go on quite a journey and I couldn't wait to write it.

Shopaholic To The Stars has a deep theme of how women's work is valued versus their husband's work. Is this a discussion you wanted to spark?
I never write any scenes deliberately to provoke discussion, but I do try to reflect reality as I see it. The struggle for any family to balance its breadwinning and parenting needs is definitely a big issue of today. Becky and Luke have a very real dilemma. They want to support each other, follow their individual ambitions, but remain a tight family unit. It's a tough task and I don't think there are any easy answers.

Has writing about Becky changed since the first book?
Becky has changed and grown and the world has moved on. When I started writing the first Shopaholic book, debt was not the topical subject it is today — in fact, I feel like I was ahead of the curve! Now we are all very aware — not just of our own personal debt but of our nations' debts. The financial crisis shook us all up and it was weirdly satisfying writing Becky's response to it in Mini Shopaholic.

I think the world has been through its own shopaholic journey — borrow, spend, regret it, pay the price. We're all a bit wiser now, and Becky is, too.

You were one of the first authors whose books were labelled chick lit. Was that a label you embraced?
I'm fairly relaxed about the phrase chick lit, partly because it's so nebulous. What does it even mean, exactly? No one seems sure. But I do think it's a shame to categorize a readership as all-female before you even begin. I know I have some male readers, even if they hide the books behind sports magazines. So I'd prefer romantic comedy. or the label I saw in a bookshop once: wit lit.

You leave things a bit open-ended in this book. Can you reveal what happens next?
It was a lot of fun writing the end of Shopaholic To The Stars. While much of the story is tied up, there is a bit of a cliffhanger — I'm a sucker for a cliffhanger — but don't worry, I'm hard at work writing the sequel.

Let's just say that Becky is on the road.

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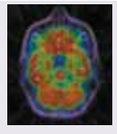

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Chris Brown holds no punches in his assessment of Ebola crisis

Oh, Chris Brown. You just can't help yourself, can you? The embattled singer decided to ruminate a bit on the current Ebola crisis, but maybe he should've just taken another BuzzFeed personality quiz or something — "Which Rihanna song are you," maybe? — because the results are, well, this: "I don't know … But I think this Ebola epidemic is a form of population control. S— is getting crazy bruh." Indeed, bruh. He did at least follow that up with "Let me shut my black ass up!" At which point I can only assume he pummelled himself into submission.

Chris Brown

ALL PHOTOS: GETTY IMAGES

Gomez to grown-ups: 'What were you doing at 15?'

Kids can be tough enough, but Selena Gomez says she's also had to put up with grown-up haters, too. And she's had it, man. Up to here! "I get picked on by grown adults all the time," Gomez tells E! News. "It's grown-ups and I don't get it. It just baffles me. I wish I could just sit them down and say, 'What were you doing at 15? What were you doing at 18? What were you doing at 21?' Because I can guarantee you it's not half of what I've done.'" Maybe the "whatever, loser" tack isn't exactly the high road she seems to think it is. But apparently, it's working. "Trust me, it's hard. I've had my moments where I've let them get to me, but I refuse to let them win," she says. Now if you'll excuse me, I have to go think about what I was doing at 15. And it ain't pretty.

Selena Gomez

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Harry's party 'style' has pals concerned

NED EHRBAR
Metro World News in Hollywood

Guys? Harry Styles' friends are worried about him. And with good reason. Styles was recently photographed in the natural habitat of a 20-year-old celebrity on a break from his pop group's arena tour: puking his guts out on the side of an L.A. freeway the morning after a night out with Lily Allen. You know, that old story. Well, while he's been getting sick his friends have been worried sick.

"He has been worrying everyone for quite some time now," a source tells Radar Online.

"Those close to him have urged him to slow down. But he lives by the seam of his pants and thinks that he is invincible. Clearly, he is not."

I'm not familiar with what living by the "seam" of your pants is, exactly, but hey, language is a fluid beast. Boot and rally, Harry. Boot and rally.

Twitter

@ABFalecbaldwin
An election is just weeks away. What better time to, once again, critique the lack of common sense and fairness in most US govt policy?

@kirstiealley
Oh damn...new cell phone with new Twitter app and no idea how to USE THE BLOCK Feature.

@Miles_Teller
When I buy my first house my shower head will have multiple settings.

Stephen Collins

Art imitating life? 7th Heaven star's latest role was a pedophile priest

This is probably not the kind of attention the filmmakers were hoping for: It turns out embattled former 7th Heaven star Stephen Collins' most recent role was in Penance, a short film just hitting the festival circuit, playing … a pedophile priest. Yikes. The film screened at the Catalina Film Festival near L.A. last month, just days before the release of a tape of Collins confessing to past incidents of molesting multiple young girls. But on the bright side, it's not often a short film gets this kind of attention, so … yay?

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LIFE 3

PLUS HOMES

Bang bang there goes my hair!

To chop or not to chop?
Cropping the front of your coif is a serious commitment. Are you ready to make the cut?

KATELYN ZBOROWSKI
life@metronews.ca

Do you have time for these tresses? Regular maintenance of this new do will mean frequent trips to the salon. ISTOCK

Maybe it's the pages of fringe-flaunting celebs like Emma Stone and Karlie Kloss. Maybe it's a perfectly coiffed co-worker with a killer fringe rivalled only by her vocabulary. Or maybe it's as simple as a craving for change.

Whatever the cause, the question of the moment is clear: Should you get bangs?

Sure they're stylish and add a level of fierceness to your persona that you didn't even realize you were missing. But bangs can turn into a full-time job. They call for extra styling time in the morning, a level of round brush expertise to which many merely aspire and several months of growth should you ever decide to ditch them.

Sylvie Prud'Homme, co-owner, stylist and proud fringe flaunter at The Loft Toronto, is no stranger to the subject.

Her advice to anyone considering bangs is to "make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot."

Prud'Homme also shares that this fall it's all about the "full bang that grazes just below the eyebrow with softness at the ends". She says, "by having the ends soft instead of blunt, it allows for you to wear them down or swept to the side."

Who knew bangs could be so versatile?

La Coupe Salon and Spa in Montreal is currently experiencing a surge of clients requesting full frontal fringes.

Stylists Melanie and Melissa credit the trend to the changing season, but also to stars who have recently debuted thick front bangs, including Taylor Swift.

Melanie and Melissa recommend assessing the health and type of your hair, as well as the condition of your scalp before making any decisions. If you have fine hair and an oily scalp, you might find your bangs look flat by the end of the day, leading to frequent washing and styling. If you don't have that kind of time (or patience) to devote to your new fringe, step away from the scissors.

If you have thick hair and already go a day or two between washings, you're in a better position. The next step is to consult your stylist who will help you choose the right type of bang for your face.

A square face with a small forehead, for instance, usually isn't the best match for a thick front-cut fringe. A Jennifer Aniston-inspired side swept option, however, would work perfectly.

Chad Taylor, creative director at Moods Salon in Vancouver's top advice is to "talk with your stylist to see if they'd recommend bangs for your hair texture, face shape and growth patterns," because that pesky cowlick gets a whole lot peskier with the wrong kind of bangs.

Insider tip

- **Many salons offer complimentary bang trims in between regular appointments.** Check to see if yours does while you pop in for a consult to find your answer to the big bang question.

Decisions at dawn

"Make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot.'"
Sylvie Prud'Homme
Co-owner of The Loft

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Editor's pick

Mask your stress with La Mer

There are times when exhaustion is unavoidable: crazy work deadlines, red-eye flights and sick babies. Sadly, it shows. For days after, your skin is dull and dry, taking on a depressing sidewalk-gray hue.

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TINA CHADHA / METRO

Canadian street style

Spotted in: Toronto

Name: Rachel

Age: 30

Occupation: Account director, Winkreative

What she's wearing
Chelsea boots, J. Brand jeans, Bangles from the Massai warriors in Kenya, Alexia Von Beck jacket, Feel the Piece shirt, Rayban sunglasses, Louis Vuitton bag.

Her inspiration
"My 96-year-old grandmother."

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Trends Report

Love the barely-there makeup look? Go online to Trends Report to learn about NUDESTIX, a Canadian cosmetics company that believes makeup should accentuate a woman's natural features and not cover them up.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @MetroIreneK and Instagram @kuanirene

Photo: Canadian entrepreneurs Ally and Taylor Frankel, along with their mom Jenny (not pictured), created NUDESTIX.

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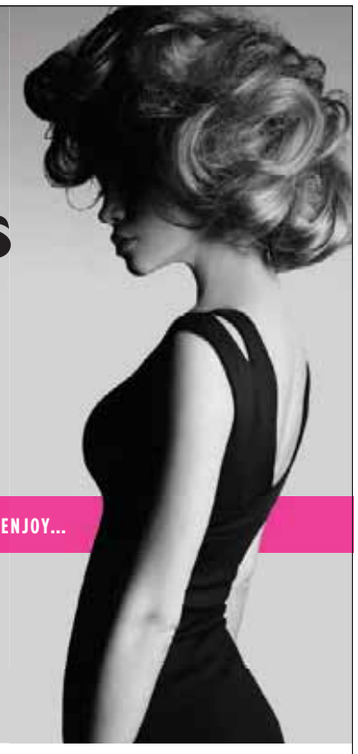

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Legal Matters

To will a property

We had drafted our wills quite some time back and willed our home, if we should both die, to our only daughter. We specifically stated our property address in the document and we since have sold the home and purchased a new one. Is the new property covered in our present will or do we have to re-visit our will?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

A great question that is often overlooked by people who buy and sell property. If you specifically stated an address in the will and you no longer own that property, the disposition of your new home will not be covered under your existing will.

In the normal course of events, if you do not state a particular property in a will, the house will be sold after you and spouse are gone and the proceeds of the sale will fall into the residue of your estate and be divided as you have set out for your residual beneficiaries. If your only daughter is that beneficiary, then the effect is more or less the same.

However, by naming a particular property in a will, you may be able to avoid probate fees on the home's value if the property was in the land registry system and has had no transfers or dealings since being transferred into the current land titles system.

You should definitely consult with your lawyer to discuss this situation. Property and wills can be quite complex.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

The seven deadly sins of condo decor

We've all been guilty of them at some point. Sarah Broderick of High Street Design on the dos and don'ts of condo interiors

CONDO TRENDS
Duncan McAllister
life@metronews.ca

An overhead view of a suite at 77 Lombard St., designed by Sarah Broderick. HIGH STREET DESIGN

1. Being a slave to trends

According to Broderick, this is the deadliest of sins in the decor world.

"No two people are alike and no two homes should be, either. If you are going to reflect trends, be sure to do so sparingly in inexpensive ways so as not to regret it later," she warns.

2. Fearing colour

So when did sophisticated become synonymous with bland, beige and boring?

"If your space is feeling predictable, try infusing new colours to inject more energy and life. Skilfully adding colour can transform a room's mood, its size and its function," says Broderick.

3. One-stop decor

Just as we don't become whole overnight, neither should your home.

"It takes a lot more skill and effort than you may expect, so why not enjoy the process naturally over time," says Broderick. "Be sure to buy what you love to achieve a curated look that truly reflects who you are."

Do add a bit of whimsy

"Every room can benefit from a bit of whimsy. A unique collectible, an animal print, a furry footstool are all examples of items that inject personality."

Sarah Broderick, the principal of High Street Design, has a decor blog at highstreetdesign.ca

4. Becoming a cliché

Good design should never be stuck in a time warp warns Broderick.

"Having a room consisting of all vintage modern pieces results in your home looking more Brady Bunch than timeless. Avoid being overly predictable by embracing a more eclectic style."

5. Being a wallflower

At some point in history, it became an unwritten rule that furniture must be up against a wall. This is unrealistic in a condo.

"If you're guilty of this sin, I beg you to fight the urge. Start by investing in furniture pieces that are designed and finished to be esthetically pleasing from all angles."

6. Failure to edit

Hoarding is an addiction that weighs down our homes, so be sure to purge seasonally.

"If you're a collector, group similar items together in one designated area. Once that area is full, follow the golden rule of one item in for every item out."

7. Lacking a sense of humour

Decorating should be fun, so be sure not to take it too seriously.

"In my experience every room can benefit from a bit of whimsy. A unique collectible, an animal print, a furry footstool are all examples of items that inject personality."

Luxe townhomes near university

The Urban Townhome Collection at U Condominiums. CONTRIBUTED

Meet the condo

- **What.** The Urban Townhome Collection at U Condominiums
- **Builder.** Pemberton Group
- **Architect.** architectsAlliance
- **Designer.** UNION31
- **Location.** Bay and St. Mary streets
- **Building.** 19 townhomes
- **Sizes.** 2,350 to 3,288 sq. ft.
- **Pricing.** From $1.9 to $3 million plus
- **Suites.** Two bedroom plus den, three bedroom, three bedroom plus den
- **Website.** pembertongroup.com

The project overview

The Urban Townhome Collection is Pemberton's new downtown development with 19 exclusive units anchoring the U Condominiums' two high-rise towers. The towns will present buyers with a unique opportunity to own an executive home steps from Bloor-Yorkville.

Location and transit

Situated along Bay Street between St. Mary and St. Joseph Streets, the towns are close to three TTC subway stations and a network of downtown bicycle paths. Motorists can be on the Don Valley Parkway in minutes.

In the neighbourhood

This central location is walking distance from the Mink Mile in the Bloor-Yorkville area, with fine shopping and dining, and iconic cultural destinations. The community is surrounded by the grounds of St. Michael's campus at the University of Toronto.

Building amenities

The townhomes will feature Irpinia kitchens, a private elevator and a community rooftop amenity space totalling 4,500 square feet. There's a party room with caterers' kitchen and private wine locker, a library, a billiards room, and a fitness centre with steam rooms.

Building a city

From the ground up

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

When I walk through the streets of downtown Toronto, I can't help but appreciate the efforts of all the people who helped build this city.

But it doesn't stop there: BILD members have been building quality, complete communities across the GTA since 1921. Some of these communities are the product of collaboration by industry, government and consumers, which is why it's so important that we all work together as partners in city building.

One of the first examples that comes to mind is the revitalization of Regent Park by the Daniels Corporation. In 2006, the first shovel hit the ground and began bringing new life into the aging neighbourhood with a unique, new approach in partnership with Toronto Community Housing Corporation.

With more than 10 years left till all the work is done, you can already see just how much the neighbourhood has changed.

Another great example can be found in the 35 acres of Toronto's West Don Lands that will soon be home to 10,000 athletes from 41 countries at the 2015 Pan Am/Parapan Am Games.

The Canary District will start off as the Athletes Village before being converted into a sustainable, mixed-use, master-planned community in 2016.

Venture just north of the city and you'll find yourself at the World on Yonge in Markham. Created by Liberty Development, this complete community features office towers, condominiums, a hotel and retail space which includes a 40,000 square foot grocery store. There's even two acres of public parkland on site.

Out of its total 1.6 million square feet, approximately 500,000 is non-residential, hosting more than 1,000 people and jobs per hectare.

None of these projects would be built today if it were not for the industry working together with its government partners.

This is why it's so important that we all do our research when we head to the polls on October 27, so we can choose the right candidate with a vision for city building.

Let's work together to build a greater GTA.

What's hot on the condo market

DUNCAN MCALLISTER

1. Canary District

Art Exhibit: Cities of the Future at Canary District condos, featuring the photography of Tom Ryaboi. Oct. 18 from 12 to 5 p.m. Make your way to the presentation centre at 398 Front St. E.

CONTACT: 416-603-7576, CANARYDISTRICT.COM

2. Downtown

Sales Event: To celebrate the beginning of construction, Sixty Colborne condos is offering some new purchase incentives. Visit the sales centre at 60 Colborne St. in downtown Toronto.

CONTACT: 416-601-0060, SIXTYCOLBORNE.COM

3. West Don Lands

Investment Seminar: Join Alex J. Wilson and Tyler Pearson as they teach you how to invest in real estate. Head over to the Riverside presentation centre at 630 Queen St. E., on Oct.19 from 11 a.m. to 1 p.m. Call or email to RSVP.

CONTACT: 416-996-5181, CONTACT@ALEXJWILSON.COM

4. St. Clair W.

Ground Breaking: The Nest Condos is holding its official groundbreaking ceremony with family fun and a barbecue. Head out to 829-835 St. Clair Avenue W., on Oct. 18, just after 1 p.m. Official groundbreaking at 2 p.m. Call or email to RSVP.

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Folding steps help ease the transport of elderly pets and can be stored at home or in your vehicle. WAYFAIR.COM/THE ASSOCIATED PRESS

Got a grumpy old cat or dog?

Just like there are lots of products on the market to help ease the aches, pains and mobility issues of human old age, there is a good selection of similar products for senior pets, as well

THE ASSOCIATED PRESS

Easy lifting

Arthritis is one of the most common problems for dogs and cats as they age.

"Give 'em a boost," says Amy Shojai, author of Complete Care for your Aging Cat and Complete Care for your Aging Dog (Cool Gus Publishing, 2010). "Cats love high spots to snooze and lounge, but may not be able to manage the leap. Move a chair or even a cardboard box close to a window or bed to give them a leg up."

Ramps and stairs make it easier for older pets to access beds, sofas, countertops and window seats. There are folding, carpeted ramps that can go in the car or be easily stored.

Solvit makes a high-traction ramp that attaches to stairs or the lift of an SUV to help arthritic dogs. The collapsible, ultralight design makes it handy for travel or car errands. And at home, carpeted or upholstered portable pet stairs can be positioned wherever a pet needs to go up or down. Look for ones that sit firmly on the ground, with a good wide stair base. (wayfair.com)

Better litter boxes

Aging cats might need bigger litter boxes or ones with lower sides for better access and aim, says Dr. Louise Murray, vice-president of the ASPCA Animal Hospital in New York City.

Lucky Champ, for instance, has a roomy one with a low entry ramp. (luckychamp.com)

Body temperature

"Heating pads and beds soothe achy arthritis and help older pets become more flexible," says Shojai. "A heating pad slipped underneath the small pet's regular bed or blanket may do the trick."

The Lectro Kennel electric pad can be temperature adjusted. (petco.com)

Sleep tight

Memory-foam mattresses and pillows have been a boon to pets. Six inches of foam covered in microfibre and fleece makes a cozy snooze spot in the Great Paw Triple Support Orthopedic Pillow. (allmodern.com)

Kohl's stocks the Happy Hounds dog bed, capacious enough for large breeds but easily accommodating two or three diminutive friends on a soft, Sherpa-fleece-covered mattress. (kohls.com)

For pets having trouble climbing onto anything, including a thick pet bed, a lower-to-the-floor sleep zone may be the answer. Homegoods has less dense yet still comfy dog beds in faux furs. (homegoods.com)

Cruise control

Older pets can still enjoy fresh-air outings with the help of some clever transport devices. Shojai says a big beach towel can be employed as a sling to help a dog from a prone position, but she also likes the range of available locomotion assists.

Adjustable wheelchairs and body harnesses are available at www.k9carts.com.

Go for a walk or jog with a pet stroller; many are equipped with weather screens, and some with removable carriers or space for more than one furry friend. (theuncommondog.com)

A pet stroller may be the best way to take your aging pet out for fresh air. WAYFAIR.COM/THE ASSOCIATED PRESS

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metro AR Each Fogo Island Inn guest room boasts modern lines, impeccable craftsmanship and natural materials sourced on the island. From furnishings to wall hooks and quilts, handmade touches are discovered everywhere. Scan this photo with your Metro News app to watch a guided video tour with yours truly of a room at the Fogo Island Inn in Newfoundland. CONTRIBUTED

Fogo Island Inn: Where handcrafted meets high design

Hotel to home. Finding style inspiration off the coast of Newfoundland

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Set on the northern edge of Fogo Island, N.L., is a Nordic-inspired, modern structure that seemingly disappears into the sky with its grey, fog-like colour. The Fogo Island Inn is as sensible in its design as it is thoughtfully hand-crafted. Built just two years ago, the inn's design is not only a nod to the past, but an appreciation for a modern esthetic that strikes a balance with comfort. From high-gloss beadboard ceilings to the locally handmade quilts, crocheted mats and furnishings, there are details any design enthusiast will take home to inspire their next decor project. Art does not hang on the walls of Fogo Island Inn. Instead, practical furnishings and accessories become sculptural interests throughout. Want the handcrafted look for your own space? Here are a few decor accessories that are currently available in the marketplace.

Snuggle up to a handmade quilt. They will become heirloom art for the bedroom. Make It Patchwork Quilt, $349, UrbanOutfitters.com.

Fogo Island Inn in Toronto

70 pieces of furniture and accessories collection made for the Fogo Island Inn are now on exhibit and for sale.

- Come and be inspired by the skills and handicraft of Fogo Islanders.
- The exhibit runs from Oct. 14-18. KLAUS, 300 King Street East, Toronto.

Crocheted pillows, mats and seat cushions make for handmade touches at Fogo Island Inn. Get the look with the Plum & Bowís Crochet Medallion Hook, $12, UrbanOutfitters.com.

A coat of black paint instantly gives something a personal touch. Ryssby Black Nightstand, $129, Ikea.com.

Mixed materials of cloth, rope and wood offer a thoughtful handcrafted look. Magical Thinking Cloth Wall Pocket, $40, UrbanOutfitters.com.

Easy-to-apply real wood veneer strips create a casual chic focal wall. $500, Euro-CorkWall-Design.com.

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Pre-loved pieces look pretty in paint

Brush up on refinishing. Give second-hand furniture new life with 5 tips from DIY blogger Miss Mustard Seed

For Marian Parsons, a hobby reviving old furniture born out of necessity about 15 years ago blossomed into a burgeoning business. The Pennsylvania entrepreneur and writer behind the interior design blog Miss Mustard Seed shares tips on how to give pre-loved furniture a facelift.

1. Start small.

"I think if you're just starting out, I would always suggest to people to start with a piece that's cheap or free," said Parsons. "That gives you a chance to experiment, to learn, because your first piece isn't always going to turn out great."

Rather than opting for a sizable piece, Parsons suggested starting small with a stool, ottoman or a dining chair — "something that you can finish in a day and celebrate that victory before you move on to something else."

2. Ensure structure is sound.

"Just because something is cheap, don't be tempted to buy it just because it's cheap," said Parsons. "There are some pieces that are going to be beyond your ability to repair.

"So unless you know someone who can do it or you happen to know how to do it, don't buy a piece that's going to be too difficult for you to fix."

There are instances where a little low-tech tinkering may do the trick. For example, if dresser drawers don't slide in and out with ease, Parsons said rubbing wooden runners with candle wax can help reduce friction.

3. Embrace surface flaws.

While it's essential to ensure the piece is sturdy, Parsons said surface flaws that can be altered should be seen as a selling point.

"If the finish is a wreck or the paint colour is awful or the knobs are tacky, those are the things that you want to look for because those are things that a lot of people will overlook," she said.

A piece with worn upholstery that is free of stains or foul odours can be a great candidate for a fresh slipcover and reupholstery, she added.

4. Use the right tools.

Parsons said the appropriate choices of sandpaper, brushes and paint are key in helping personalize a pre-loved piece.

If the piece's original finish has a shine, Parsons said she "almost always" suggests sanding first.

"That doesn't mean stripping off that finish. It just means very lightly rubbing a piece of sandpaper over the entire piece," she said. "What that does is it creates small scratches in the finish that gives the paint something to cling to. It really helps with adhesion and when you prep the surface, you get a better end result."

A high-quality paintbrush is essential for application to furniture. Parsons said she likes using a five-centimetre (two-inch) angled brush. "What that allows you to do is to really get into the corners because the brush is angled, and it also allows you to create straight lines."

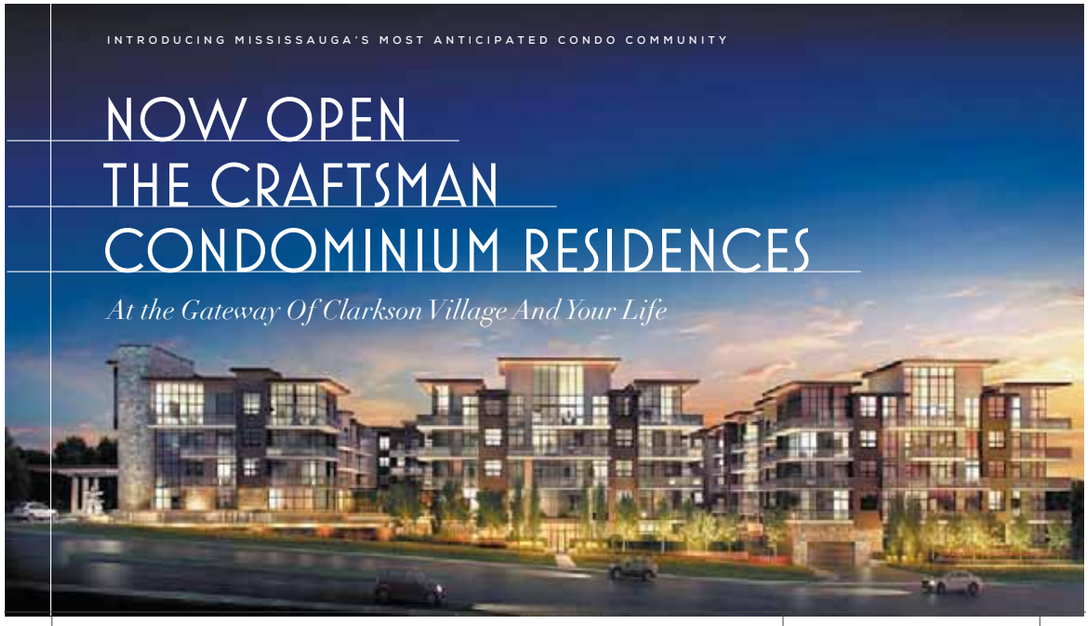
On her website, Parsons offers a breakdown of the pros and cons of various types of paint. As for her personal projects, when she isn't using her own line of Milk Paint, she likes acrylic for decorative purposes.

5. Don't make every piece look alike.

Once you've honed your refinishing, reupholstering and refurbishing skills, you may use the same tools and approach in future, but Parsons recommends giving each piece a distinct look.

"I would suggest painting them in different finishes, mixing wood, mixing paint finishes, different fabrics. That way it stays interesting and it looks like the room was collected over time." THE CANADIAN PRESS

A refinished dresser. Inset, top left, the dresser before its makeover.
MISS MUSTARD SEED/HANDOUT/THE CANADIAN PRESS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Edgar Allan Poe-themed pillows feature the author's portrait and illustrations from his books. CAFEPRESS/THE ASSOCIATED PRESS

'Quoth

Beak House: Carved wooden ravens can be placed throughout a home to add Halloween drama. CRATE AND BARREL/THE ASSOCIATED PRESS

Black plumes: A china plate gets a graphic punch with an all-over raven motif. CRATE AND BARREL/THE ASSOCIATED PRESS

The raven

Perhaps the most iconic Poe symbol, the raven is easy to spot around Halloween. You can find large and small decorative versions of black birds that can be placed on buffet tables, bookshelves and front porches.

Pottery Barn's got metal crows for outdoor display; faux crows for indoor use have real feathers. (potterybarn.com)

At Crate & Barrel, there are plates and napkins with an all-over raven graphic, as well as string lights and carved wooden ravens. (crateandbarrel.com)

A black feather wreath makes a dramatic statement on a mantle. Or run a black boa down the length of a serving table. You'll find both in many Halloween decor stores, but you can make your own, too.

HGTV.com has instructions for creating a wreath using a straw form, and a black feather trim and boa from a crafts supply store. (hgtv.com)

Fiery eyes: A conspiracy of raven lights. CRATE AND BARREL/THE ASSOCIATED PRESS

the raven, 'tis Halloween forevermore

Edgar Allan Poe, the master of horror fiction, gave us imagery — sinister masquerade balls, mysterious catacombs, menacing city streets — that has long inspired lovers of all things spooky. Retailers have plenty to offer for scary decorations or a Poe-inspired Halloween party

THE ASSOCIATED PRESS

Raven masks will turn even a non-costume dinner party into something intriguingly chic. Find versions both simple and elaborate crafted of paper, leather, lace or felt on Etsy.com.

Style with a story

Poe-themed decor also might include a touch of the literary: a long white glove with ink stains on it, vintage books stacked haphazardly, a tattered tablecloth. If you don't have copies of Poe's books, piles of black-covered volumes will set the tone. White feather "quill pens" can be arranged in little spice jars decorated with ink labels.

Buy a porcelain marker and write a line or two from your favourite Poe piece on some inexpensive white plates or serving trays. Or use metallic permanent markers to add a phrase to cotton or linen napkins.

Singe the edges of parchment paper printed with a poem or paragraph that you've written out or typed, using either an old typewriter or a vintage font from a computer. The same technique can be used to create invitations and menus.

Gothic glamour

Ebony taffeta or silk, tarnished metals, candlesticks and black wrought iron bring the Victorian gloom to life, so to speak.

You'll find faux black wrought-iron fencing à la The Fall of the House of Ushe at spirithalloween.com. Midwest Living magazine has ideas for a Poe-themed dinner party, including using pages from a Poe book as placemats, having each guest read a selected passage, and providing little chocolate (Tell-Tale) hearts as favours. (midwestliving.com)

Get black LED tapers and black candelabras at Pier 1 Imports. Creepy trees can be found at Grandin Road, along with harlequin pumpkins for a masquerade vibe. (pier1.com; grandinroad.com)

CafePress has wine charms printed with Poe's image or words, as well as serving trays, beer steins and glasses. There are pillows, ornaments and tiles with his portrait, along with vintage illustrations from the books. (cafepress.com)

Spooky sweet: Cupcake papers printed with ravens. CRATE AND BARREL/THE ASSOCIATED PRESS

Wicked's Raging & Lull soy candle comes in an elegant, matte-black glass pot etched with a crow, and is scented with cinnamon, clove and vanilla. (gentsupplyco.com)

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Follow the faux brick wall

DIY. Add texture and loft style with this easy weekend project

A new home can be thrilling but is often accompanied by a long list of to-dos. Over time, the excitement can begin to fade while that list continues to grow and often becomes overwhelming. Sometimes all it takes to get going again is a bit of inspiration. Here is something that will dress up a dull wall and liven up any home: a faux brick wall. In just one weekend, you can embrace the warmth and modern edge of this DIY project.

Home reno moments

Catch all new back-to-back episodes of Rescue My Renovation on Thursdays at 10 p.m. ET/PT on DIY Network Canada for some of the best and worst moments of home renovations.

Preparation tips

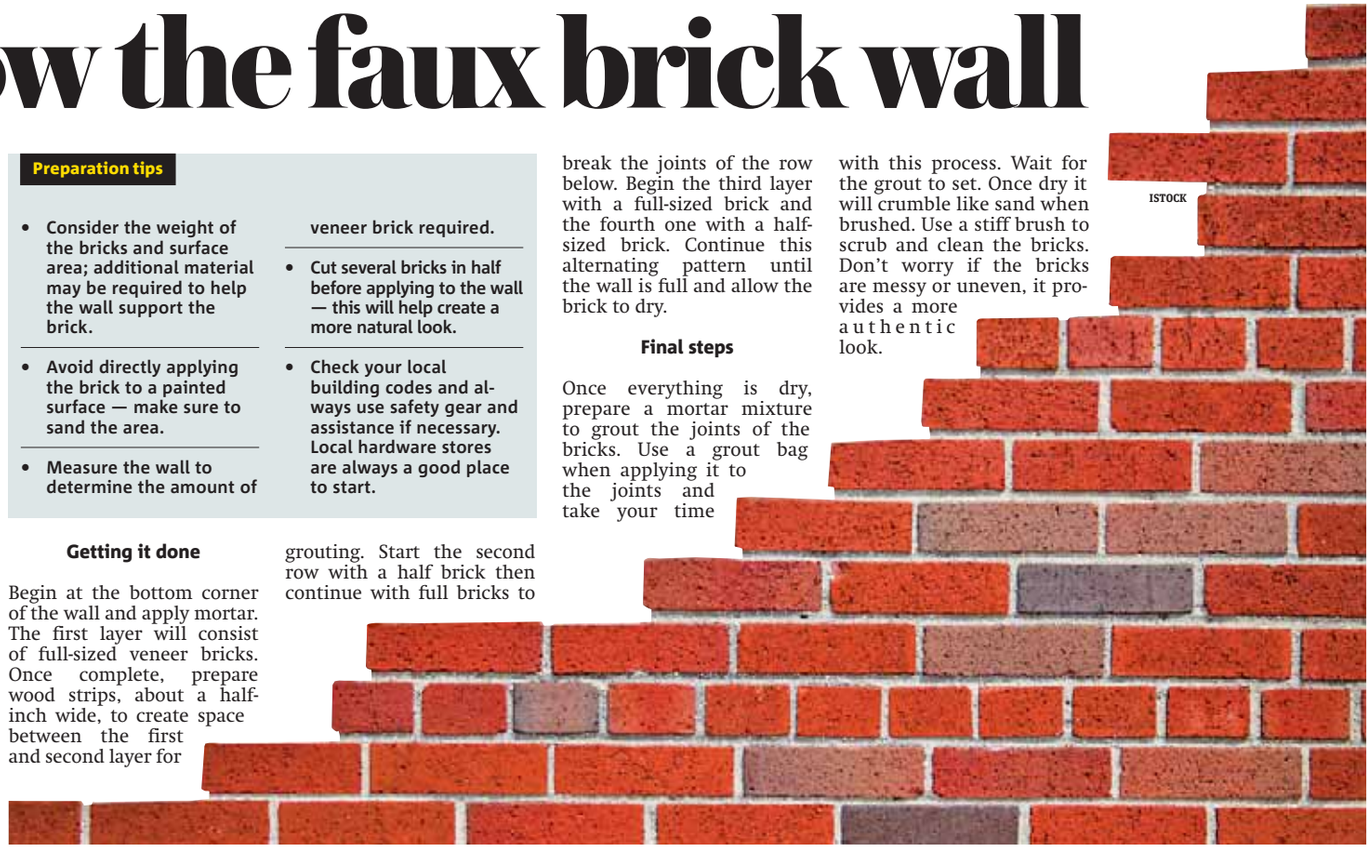
- **Consider the weight of the bricks and surface area; additional material may be required to help the wall support the brick.**
- **Avoid directly applying the brick to a painted surface — make sure to sand the area.**
- **Measure the wall to determine the amount of veneer brick required.**
- **Cut several bricks in half before applying to the wall — this will help create a more natural look.**
- **Check your local building codes and always use safety gear and assistance if necessary. Local hardware stores are always a good place to start.**

Getting it done

Begin at the bottom corner of the wall and apply mortar. The first layer will consist of full-sized veneer bricks. Once complete, prepare wood strips, about a half-inch wide, to create space between the first and second layer for grouting. Start the second row with a half brick then continue with full bricks to break the joints of the row below. Begin the third layer with a full-sized brick and the fourth one with a half-sized brick. Continue this alternating pattern until the wall is full and allow the brick to dry.

Final steps

Once everything is dry, prepare a mortar mixture to grout the joints of the bricks. Use a grout bag when applying it to the joints and take your time with this process. Wait for the grout to set. Once dry it will crumble like sand when brushed. Use a stiff brush to scrub and clean the bricks. Don't worry if the bricks are messy or uneven, it provides a more authentic look.



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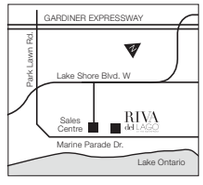

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Shelf watering plants

Are you always forgetting to water your plants? A new shelving system that promises to do it for you could be just the thing your home needs.

Pikaplant is a shelving unit with an integrated reservoir which mimics the natural wet-dry cycle of ground water.

Each shelf is filled with water from the reservoir and covered in a capillary fabric which absorbs the liquid and transfers it to the plants.

Once the fabric has been completely dry for a day, the shelf will be refilled by the reservoir, meaning that all forgetful homeowners have to do is remember to keep the reservoir topped up.

"A plant-rich environment makes people more creative, more productive, and less stressed out," explains Dutch startup Pikaplant.

Pikaplant is currently only available in the Netherlands. **AFP**

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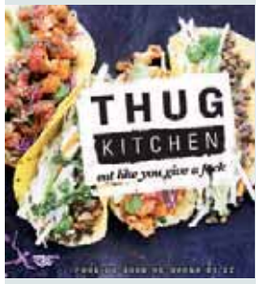
Cookbook of the Week

Rebel with a cause



Thug Kitchen, a wildly popular blog, brings its bada—, keepin' it all the way real approach to a book that showcases more than 100 recipes. By taking the pretentious attitude out of healthy eats, it offers realistic advice about everything from techniques to shopping on a budget. Among the recipes are: Baked Spanish Rice, Grilled Eggplant Soba Noodles, Maple Berry Grits, Strawberry Shortcake and more. **METRO**

Black Bean Tortas with Coconut Chipotle Mayo. This sh— is so real you won't even miss that slab of beef

"A Torta is a bada— sandwich with the soul of a burrito," writes the Thug Kitchen crew, an L.A. based duo behind the blog of the same name. "Make this mother— stat and see what your narrow sandwich world has been missing."

1. Throw all those mayo ingredients in your blender or food processor and run that mother— on high for about a minute so everything is good and mixed. Taste and see if you want more hot sauce. Pour this all in a cup or bowl and store it in the fridge until you need it. It will thicken in there, just f— ing be patient.

2. Next, make the beans. Heat the oil in a large soup pot over medium heat. Throw in the onion and sauté it until it starts to look golden brown, about 5 minutes. Add the garlic, chili powder, and cumin and cook for another 30 seconds. Add the beans and broth and stir that sh— up. Let it come to a simmer and then turn down the heat real low. Using a potato masher or big-a— spoon, smash up all those beans as best you can. Think chunky guacamole. Add the lime juice and then taste. Add some salt or more spices if that's the kinda sh— you're into. Now turn off the heat and make a torta.

3. Grab a toasted roll and smear with a bunch of the coconut chipotle mayo. Pile a f—ton of the beans on the bottom half. In between, add whateverthef— you want. Lettuce, tomatoes, red onion, and some avocado are some time-tested choices, but be creative and sh—. Serve right away with some extra hot sauce.

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Ingredients

Coconut Chipotle Mayo
- 1 cup canned coconut milk
- 1/3 cup of your favourite chipotle hot sauce
- 1/4 cup olive oil
- 1 tbsp ground chia seeds (Yeah, chia seeds, like the f— chia pet. They are rich in omega-3s and full of fibre. If you can't find them, flaxseeds are an OK sub)
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Pinch of salt

Creamy Black Beans
- 1 tsp oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbsp chili powder
- 3/4 tsp ground cumin
- 3 cups cooked black beans
- 1 1/2 cups vegetable broth
- Juice of 1 lime
- Salt to taste

Torta Trimmings
- 4 crusty rolls, split and toasted
- Lettuce
- Sliced tomatoes, red onion and avocado

This recipe serves four. COPYRIGHT THUG KITCHEN

Scientist finds relief for pain, without pills. Study shows natural extract effective

"Sending medication from the skin directly to the area just makes sense"

Dr. Joseph Gabriele Ph.D

A Canadian scientist may have discover a way that would change how we take medicine in the near future.

Dr. Joseph Gabriele Ph.D, went on a personal quest for answers to relieve his wife Sue's pain, but **his answer was not in a pill...it was in a cream.** Pills were not an option for Sue, due to the side effects that many of us can relate to.

Dr. Joseph Gabriele, Ph. D
Preparing for PEI Conference

In an effort to seek relief for his wife, Dr. Gabriele and his team developed a **powerful penetrating cream** that sends medication quickly to where it hurts.

"I was shocked to see how powerful this natural ingredient relieved pain"

A clinical study confirmed that the cream incredibly **absorbed the medication deep** enough to reach the affected area that finally gave his wife relief.

Dr. Gabriele then discovered in a medical paper, a common natural ingredient found in buckwheat that was not so common, called **"Rutin."**

This natural ingredient **reduced inflammation and pain** so significantly, he had to use it in his formula, now called **LivRelief Pain Relief Cream™**

A **successful clinical trial** of LivRelief Pain Relief Cream, plus regulatory government approvals have now allowed LivRelief available to the public.

No other cream offers you this kind of relief with the confidence of proven science, the peace of mind of being natural with no strong odours, so only you know you are using the cream.

Those who are suffering in pain and hate taking pills can now find **LivRelief Pain Relief Cream in Shoppers Drug Mart, Walmart, Rexall and pharmacy and Health Food stores across Canada.**

Dr. Gabriele is so convinced that this will relieve your pain, he offers a *100% money back Guarantee if you don't experience relief.

Cut, save and apply it to where it hurts.

* See www.livrelief.com for details.

CFL

Kackert resumes coaching duties with Argonauts

Chad Kackert is back as the Toronto Argonauts' strength and conditioning coach.

The Argos released the veteran running back from their practice roster Wednesday.

Kackert suffered a right hamstring injury last week during practice and was tabbed to miss four to six weeks.

He came out of retirement last month to join Toronto's practice roster in an attempt to return to the CFL team's lineup this season. That was after the five-foot-eight 206-pound player broke his left ankle prior to the 2013 East Division final and retired on the first day of training camp this year because the injury hadn't healed sufficiently.

THE CANADIAN PRESS

NBA

Heat adjusting to life without LeBron

Everyone around the Miami Heat knew that getting ready for this season would be different, since LeBron James has changed addresses and the roster looks much different than the ones the team had on the way to making appearances in the NBA Finals in each of the last four years.

The Heat are 0-4 in the pre-season. They're giving up 109 points per game on 48 per cent shooting. And while everything happening now gets erased when the regular season starts in two weeks, there's some reasons for concern.

THE ASSOCIATED PRESS

Royals closer Greg Holland reacts after defeating the Orioles 2-1 in Game 4 of the ALCS on Wednesday in Kansas City. MATT SLOCUM/THE ASSOCIATED PRESS

Royals rule AL with sweep of O's

MLB playoffs. Kansas City advances to World Series with 11th straight post-season win

Crown these Royals the American League champions.

After nearly three decades spent trying to return to the playoffs, Kansas City is taking its perfect post-season ride all the way to the World Series.

With more dominant defence, an opportunistic offence that plated two runs in the first inning, and a bullpen that shut down the Baltimore Orioles once again, Greg Holland and the wild-card Royals wrapped up a sweep of the AL Championship Series with a 2-1 victory on Wednesday.

Next stop: The Royals' first Fall Classic since 1985. They'll face the winner of the NLCS between the Giants and Cardinals.

"It's been an amazing run. This is great," said left-fielder Alex Gordon, who made another jarring catch. "We've been playing pretty good baseball. It's nothing better than when you win. Today, same old story: good pitching, good defence and scratch out a win."

Outfielder Lorenzo Cain was selected MVP of the ALCS, batting .533 and leading an outstanding defence.

After holding the Orioles to three hits in Game 3 on Tuesday night, Jason Vargas and the Royals bullpen nearly turned the trick again. Kelvin Herrera and Wade Davis ushered the game to Holland, who matched Dennis Eckersley's record by saving his fourth game of the best-of-seven series.

The Royals will host the first two World Series games beginning Tuesday. They will carry an 11-game playoff win streak into Game 1, one shy of the major-league record.

THE ASSOCIATED PRESS

Crucial Game 4

The San Francisco Giants took a 2-1 lead into Game 4 of the NLCS against the St. Louis Cardinals on Wednesday night. Go to metronews.ca for the result.

Leafs continue progress with analytics

When the Maple Leafs signed Daniel Winnik in the summer, it was not because the team's brass necessarily thought he'd be a great second-line winger.

But when assistant GM Kyle Dubas looks at Winnik's numbers regarding puck possession, he could see him as a second-line winger.

And now, after playing three games with Nazem Kadri and Joffrey Lupul, Winnik would appear to have won the job that last year belonged to David Clarkson and this year started with Brandon Kozun.

"If you were just looking at the box score, he (Winnik) has never been a guy who puts up huge points," said Dubas. "But if you look at the data, he is a player who can play against other teams best lines. Also, he helps to make our top players better.

"It's only been a few games, but that line with he and Kadri and Lupul, he's done well to help push them along. He may not jump off the page, and have you say, 'Wow, this guy is outstanding.' But you can see his effect on that line."

The Maple Leafs made the big-time leap to the forefront of analytics with the hiring of Dubas, who cut his teeth as GM of the OHL's Sault Ste. Marie Greyhounds using tools like advanced stats where puck possession matters as much as the score.

Now the Leafs are going to the next level, announcing on Thursday a partnership with analytics leader SAS to help them with a data-driven approach to help them judge player performance and on-ice strategy. TORSTAR NEWS SERVICE

Daniel Winnik signed with the Maple Leafs in July. BRUCE BENNETT/GETTY IMAGES

4 SPORTS

A certain Tom Brady stands in the Jets' way

Too late? Desperate Jets visit New England in search of a miracle

The New England Patriots turned their season around in plenty of time.

It's probably too late for the New York Jets, especially if they drop their sixth straight game when they visit the heavily favoured Patriots on Thursday night.

"We're desperate, to say the least," Jets coach Rex Ryan said.

The Patriots (4-2) quickly recovered from their low point, a 41-14 loss to the Kansas City Chiefs that unleashed speculation quarterback Tom Brady was slipping and coach Bill Belichick's genius was fading.

Unlike the Jets (1-5), that slide lasted just one week. A 43-17 rout of the NFL's last unbeaten team, the Cincinnati Bengals, took care of that. And they followed it with a 37-22 road win over the Buffalo Bills.

metro AR Tom Brady and the New England Patriots looked like an elite squad again after Sunday's 37-22 win in Buffalo. Scan the image with your Metro News app for more NFL notes from around the league Wednesday. BRETT CARLSEN/GETTY IMAGES

"We'll have to keep perspective," Brady said, "not ride the highs and lows because there's a lot of them."

The Patriots had just five offensive touchdowns in a stretch of 14 quarters, then scored seven in the last eight. Against Buffalo, Brady had his best game of the season with 361 yards passing, four touchdown passes and completions to 10 receivers.

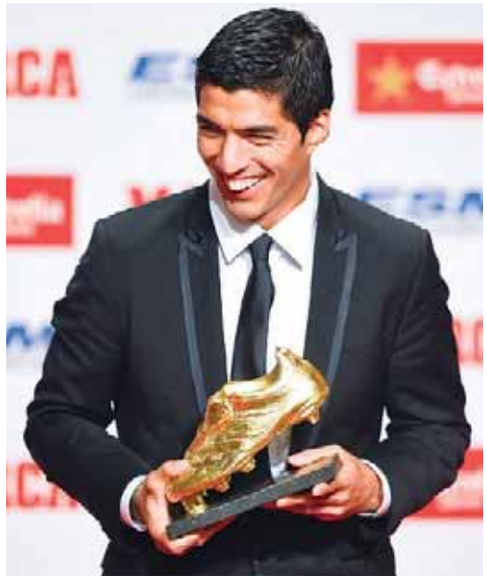
Ryan certainly didn't believe the criticism of the two-time MVP.

"That was hysterical," he said. "You know what I mean? It's like, 'Yeah, really? OK.' I mean, come on."

Now if he could only brush off criticism of his own quarterback so easily.

Geno Smith is last in passer rating in the league and was replaced in the fifth game by Michael Vick, who said he wasn't prepared. Smith started last Sunday's 31-17 loss to the Denver Broncos and Ryan is sticking with him against the Patriots.

THE ASSOCIATED PRESS



Suarez on golden behaviour

Barcelona forward Luis Suarez, who collected the Golden Boot Award on Wednesday for scoring 31 goals with Liverpool last season, is looking forward to ending his FIFA ban and says he will be fit to face Real Madrid if selected later this month. The Uruguay international was suspended for four months at club level — and nine competitive internationals — after biting Italy defender Giorgio Chiellini during the World Cup in Brazil. Suarez could make his competitive Barcelona debut alongside Lionel Messi and Neymar on Oct. 25, a day after the ban ends. DAVID RAMOS/GETTY IMAGES

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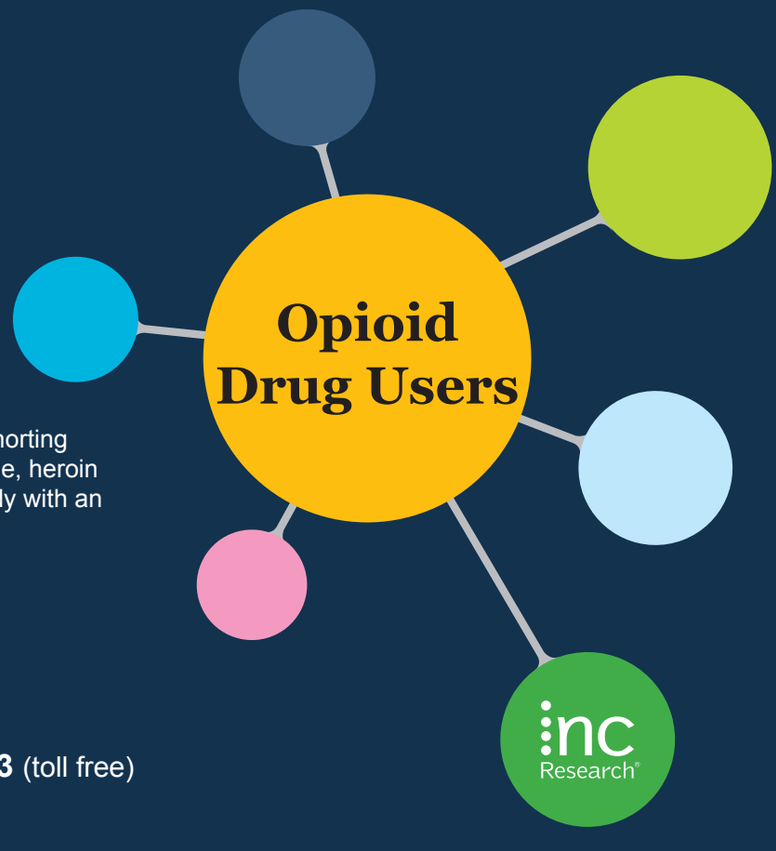

Newmarket's McDavid enjoying Erie feeling

OHL. Junior hockey's brightest star finds refuge from media glare in Pennsylvania

Here, in this working-class town of 100,000 in northwestern Pennsylvania, a star is being born.

One day, Connor McDavid will take the ice at the Bell Centre and Madison Square Garden. But for now, he's happy to call Erie home.

"I love it here," said McDavid. "It's great. I'm sure you've only seen the downtown part of Erie and it's not particularly nice, but where we all live, it's beautiful. It's a great area."

Nowhere close to the centre of the hockey universe, the spotlight is far from blinding.

"There's obviously the media in Toronto and hockey in general is huge in Canada and specifically Toronto," Otters assistant coach and former NHL defenceman Jay McKee said. "There's less media, there's less outside attention, and as a player who's focused on the team and developing himself, I think that's a huge benefit for him to be here."

No matter where he plays, the 17-year-old McDavid attracts attention. He's being touted as The Next One and is the front-runner to go first overall in the 2015 NHL draft.

Experiencing a lifetime of hockey hype before turning 18 has prepared McDavid for every bit of what he's facing in his draft year.

"It's all right," McDavid said during a recent pre-practice interview. "It's not too crazy. It's something that I've been getting more and more used to over the past couple years. It never really gets old."

Dominating hockey is still fun for McDavid. But being unquestionably the best player in junior sometimes comes at the cost of what he called "crazy and unreachable" expectations.

"You can have a good game and that's just the expectation," McDavid said. "It's not like you did something good, it's just what they expect out of you. Sometimes that can be a little bit stressful and annoying, but I guess it sometimes comes with the territory."

McDavid, who grew up in Newmarket, has seven goals and 11 assists in his first six games this season, leading the Otters to a 6-0-0 start. At that three-point-a-game pace, he's in the territory of what Sidney Crosby did with Rimouski of the QMJHL at the same age.

Those abilities have him atop arguably the strongest draft class in a decade and are so tantalizing that struggling NHL teams are hoping to win the McDavid derby and punch their ticket to prominence.

McDavid "already has NHL abilities," according to McKee. But with several months to sharpen his game before the top league in the world comes calling, he's just getting started.

THE CANADIAN PRESS

Connor McDavid has seven goals and 11 assists in six games with Erie this season.

TERRY WILSON/OHL IMAGES

Sid similarities?

"It's obviously a tremendous honour to be named in the same breath with someone like that, but by no means do I think I'm deserving."

Connor McDavid on being compared to Sidney Crosby

2015 Women's World Cup

CSA staying put on artificial turf

The Canadian Soccer Association is sticking to its guns on the issue of artificial turf at the 2015 Women's World Cup.

In a conference call Wednesday, the CSA reiterated that it plans to play the tournament on a "fantastic" FIFA-approved surface.

But it refused to say what surface it might attach to a possible men's World Cup hosting bid.

"We have put up our hand seeking that we would intend to look at the process of putting a bid forward. It's very early days in that process," said Victor Montagliani, president of the Canadian Soccer Association.

THE CANADIAN PRESS

MLS

Commish fires back at U.S. coach

Jurgen Klinsmann's future as U.S. coach was called into question Wednesday when Major League Soccer commissioner Don Garber criticized him for not taking Landon Donovan to the World Cup and for saying Clint Dempsey and Michael Bradley damaged their careers by returning to MLS from European clubs.

"I believe that Landon should have been in Brazil, not because he earned it or deserved it, but because his performance dictated it," Garber said. "And if anybody disagrees with that, and some of you might — clearly Jurgen does — then I believe that his treatment was inexcusable."

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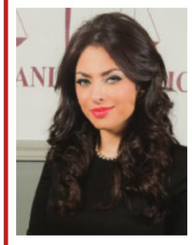

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You trust your judgment but can you trust the judgment of people who, in your eyes, have yet to prove themselves? You may have no choice today as the planets suggest that your fate is in their hands.

♉ Taurus
April 21 - May 21
It will be clear today that you've been moving in the wrong direction, and that means you must change course right now.

♊ Gemini
May 22 - June 21
Life is good and getting better by the moment, so why are you so fearful? No doubt it has something to do with Mercury, your ruler, in one of its retrograde phases. Don't worry.

♋ Cancer
June 22 - July 23
Be more flexible when it comes to emotional relationships. With so much cosmic activity in the domestic area of your chart loved ones may be difficult to handle but will respond to gentle understanding.

♌ Leo
July 24 - Aug. 23
Your words have been misrepresented, but you don't have to kick up a fuss about it. Just explain, in plain language, what it is that has upset you.

♍ Virgo
Aug. 24 - Sept. 23
Mercury, your ruling planet, urges you to focus your energies in one direction today rather than spread yourself thin.

♎ Libra
Sept. 24 - Oct. 23
You know what you want and you know how to get it but with mind planet Mercury still moving retrograde can you be certain you have made the right call? Give it a day.

♏ Scorpio
Oct. 24 - Nov. 22
The planets will help you see through the web of deceit that people have created and by the end of the day you will have no doubt what the truth is.

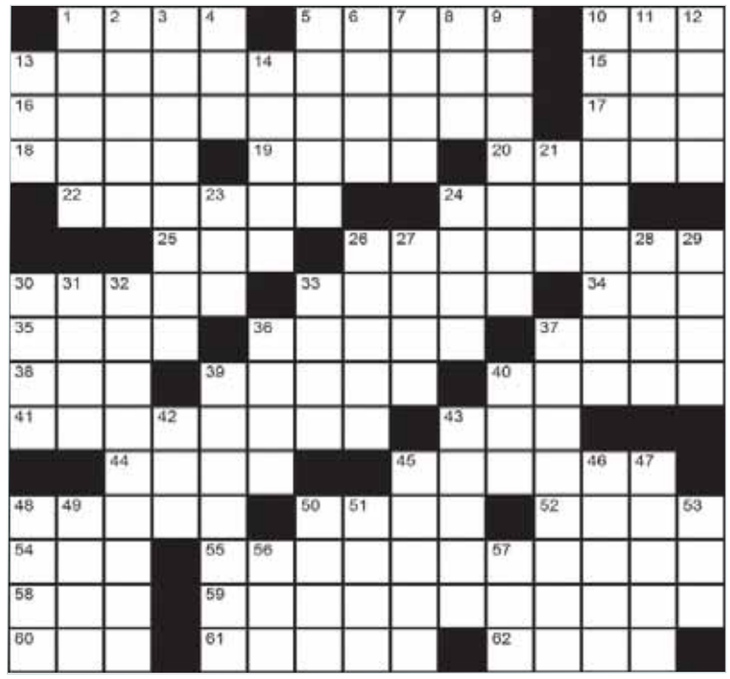
♐ Sagittarius
Nov. 23 - Dec. 21
You may not be sure where an idea came from but you can and you must make good use of it. If you don't, a rival most certainly will.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that someone has been telling lies about you or putting you down. Find out who it is and who they have talked to, and make sure you put the record straight.

♒ Aquarius
Jan. 21 - Feb. 19
You know what is and is not possible and have no intention of letting daydreams lead you astray. That's good. You must deal only in facts.

♓ Pisces
Feb. 20 - March 20
Something that has been a mystery will no longer nag at you as of today. Once the mystery has gone, the fear and worry that came with it will disappear as well.

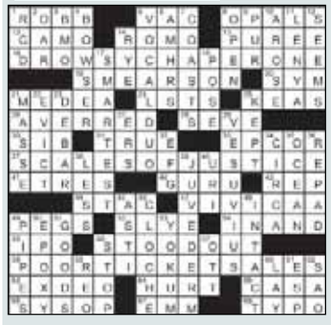
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Amsterdam's locale, briefly
5. NBA's Heat city
10. Extinct bird
13. 1963 The Crystals smash: 4 wds.
15. Matt __, Canuck singer/songwriter
16. Who #41-Across teaches on "How to Get Away with Murder", new on CTV: 2 wds.
17. Frostiness
18. "What's __ for me?": 2 wds.
19. Loaf
20. Bay of Fundy's are famously high
22. Whine
24. Gent's gender
25. Not 'twas
26. 1845 + Arctic + Northwest Passage = __ Expedition
30. Bedlam
33. Leave the house: 2 wds.
34. Chemistry, e.g.
35. Owen __, "Star Wars" (1977) character
36. Wounded by a bull
37. Forsaken
38. Female sheep
39. Openings-for-coins
40. Broadway awards
41. Professor __ Keating (Viola Davis' role on #16-Across)
43. Cavity
44. Defeat
45. Magic bunny's hideout: 2 wds.
48. Drive
50. Prime Minister of Israel from 1969 to 1974, Golda __ (b.1898 - d.1978)
52. Moisturizer content
54. Beatles: What Magill called herself
55. The Manitoba Museum attraction, it's astronomical!
58. Unwell
59. Canadian supermodel Linda
60. Actress Ruby
61. Wallet items
62. Batches

Down
1. Some flatbreads
2. Astronomer Mr. Hubble
3. Tortilla chips brand
4. Tap temperature
5. Of a method
6. "Mockingbird" by __ & Charlie Foxx
7. "Rule, Britannia" composer
8. Bon __ (Witticism)
9. Music-themed Canadian show of 2004 to 2008, "__ Star"
10. Canadian musician/painter/activist, __ Joe
11. Ron Howard role
12. Syl __, Hockey Hall of Famer
13. Gladiator's 551
14. Regulations
21. Type
23. '_' __ for Vancouver
24. Queen __ Gulf (Icy resting place of HMS Erebus, the recent headlines-making ship, as per #26-Across)
26. Strength
27. Egg masses
28. Bass is Base hit: "_ __"
29. Writer Anais'
30. Actress Ms. DuVall
31. Actress Goldie
32. Land in Disney's "Frozen" (2013)
33. Gunks
36. Flippant
37. Casanova
39. Drank loudly
40. Value a valet
42. "__ you serious?!"
43. Door: French
45. Modelling legend Cheryl
46. "He's making _ __...": What Santa's doing in the famous carol
47. Hypes
48. Slipped
49. Scrabble piece
50. Lady's address
51. Feminizing suffix
53. Fashion label, __ Savahl
56. Nero's 56
57. Totally

Yesterday's Crossword



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How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			4	6	5			
5			8		9			6
		7				9		
6		4				3		1
	7						2	
3		9				7		4
		1				2		
2			9		7			5
			2	3	8			

Yesterday's Sudoku

3	8	9	4	7	1	6	2	5
7	6	2	5	9	3	8	4	1
1	4	5	8	6	2	7	3	9
6	3	4	7	2	5	9	1	8
5	1	8	6	3	9	2	7	4
2	9	7	1	4	8	3	5	6
4	2	1	3	8	6	5	9	7
9	5	6	2	1	7	4	8	3
8	7	3	9	5	4	1	6	2

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